

FAITH FEST 2024

GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne





Something
Beautiful
for
GOD v4



FAITH FEST 2024



**DEPARTMENT OF CATECHESIS
SYRO-MALABAR EPARCHY OF MELBOURNE**



FOCUS OF THE YEAR

**DIVINE VIRTUE OF CHARITY (LOVE) -
LEARNED IN THE CONTEXT OF
TEN COMMANDMENTS**





Group 3 & 4

Love & Respect

Group 3 - Year 7,8 & 9

Group 4 - Year 10,11 & 12



Our Syro-Malabar Catholic Church

- The Syro-Malabar Church traces its origin to St Thomas the Apostle, who came to India in 52 A.D., its members being called St. Thomas Christians.
- Thomas became the first apostle to explicitly acknowledge Jesus' divinity crying "My Lord and my God."



ܡܪܝܩܐ ܘܥܝܐ
"And my God" "My Lord"

Mār Wālāh
മാർ വാലാഹ്

എന്റെ കർത്താവേ
എന്റെ ദൈവമേ

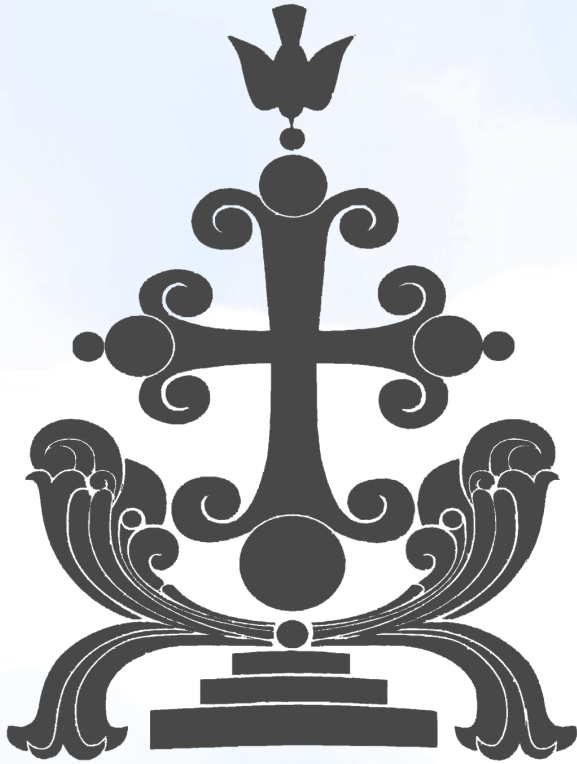


The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne

For Australia & wider regions of Oceania

- On 23 December 2013 Holy Father Pope Francis established The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne for Australia, Bishop Bosco Puthur, as the first Bishop/Eparch of the new Eparchy.
- On January 2023, Pope Francis appointed Bishop John as the second bishop of the Syro-Malabar Eparchy at Thomas the Apostle in Melbourne.





**LOVE YOUR
SYRO-MALABAR CATHOLIC CHURCH
AND BE PROUD OF ITS
GREAT FAITH & TRADITIONS**





- What is the name of your Syro-Malabar parish?
- Who is your parish priest?

To Include in Day Schedule

Day 1	Holy Qurbana Inauguration General Instructions / Housekeeping Rules Three Sessions
Day 2	Holy Qurbana Wear Traditional Dress Bring Traditional Food Prepare Pesaha Appam Performing Traditional Dance
Day 3	Holy Qurbana Finale <i>Finale Rules: Each group will be provided 5 minutes. They need to perform (dance/skit/act) related to the theme. After this all groups will perform together for same song/dance for 3-5 mins.</i>





- This Faith fest is in continuation with the Last Year's Faith fest & its Themes.
- Last year, we learned about the theological virtues **Faith & Hope**

Faith fest 2024

This year, we will learn about **Charity**,
the third theological virtue in the Context of 10 Commandments



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DAY 1

LOVE



RUN SHEET FOR THE DAY



Item	Duration	Start Time	End Time
Holy Qurbana & Inauguration			
Tea Break			
Session 1 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Jingle Who - Activity 2 - Love Your Neighbour - Activity 3 - Love Definitions - Conclusion			
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Charity relay race - Activity 2 - Scavenger Hunt - Conclusion			
Tea Break			
Session 3 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Pen Ball Challenge - Activity 2 - Ready to challenge? - Conclusion			
Finale Practise			

Introduction



Introduce each teacher
and other resource
personnel



General safety rules
(Do's and don'ts)



Children to report any
concerns to teachers,
housekeeping
requirements



Explanation of
the day's agenda



Explanation of
the day's slogan



Prayer

Day 1 - Session 1

What is Love/Charity/Caritas



Ice Breaker - Silent Speedball Game



- ◇ All students sit or stand in a circle.
- ◇ One student start with a ball and throws to another student.

Rules:

- ◇ You will be eliminated if
 - You hold ball for more than 2 secs.
 - You drop the ball
 - You throw an uncatchable ball
 - You talk or make any noise
- ◇ The last student remains will be the winner



What are Virtues?

RECAP



Virtues are gifts from God that lead us to live in a close relationship with him.



Virtues are like habits. They need to be practiced; they can be lost if they are neglected.



The three most important virtues are called theological virtues because they come from God and lead to God.

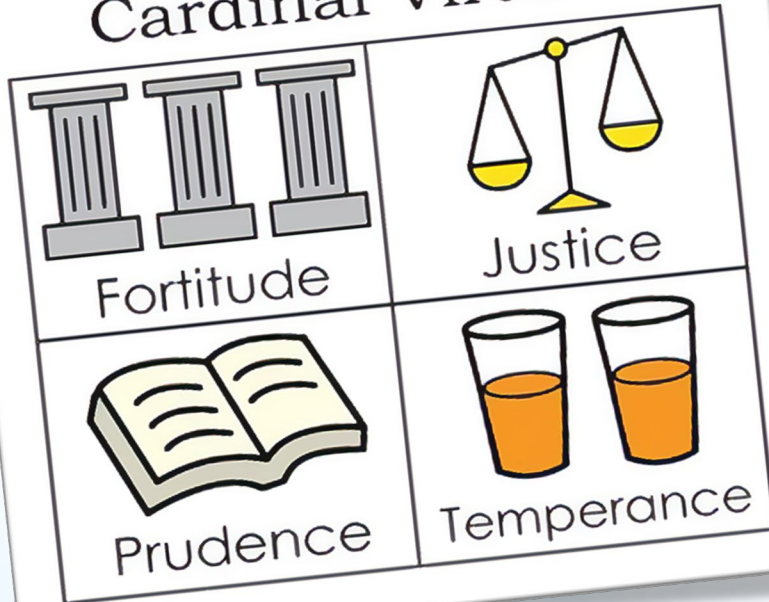


The cardinal virtues are human virtues, acquired by education and good actions. Cardinal comes from *cardo*, the Latin word for hinge, meaning “that on which other things depend.”

Theological Virtues



Cardinal Virtues



THEOLOGICAL VIRTUES

FAITH

The virtue by which we believe in God and in all that He has revealed to us.



HOPE

The virtue by which we trust God will fulfill his promises and look forward to eternal life.



CHARITY

The virtue by which we love God above all things and our neighbor as ourselves.



Introduction - LOVE/CHARITY/CARITAS

The Greatest Commandment (Matthew 22: 34-40)

³⁴ Hearing that Jesus had silenced the Sadducees, the Pharisees got together. ³⁵ One of them, an expert in the law, tested him with this question: ³⁶ "Teacher, which is the greatest commandment in the Law?"



Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: "Love your neighbor as yourself." ⁴⁰ All the Law and the Prophets hang on these two commandments."



LOVE GOD
LOVE YOUR NEIGHBOR



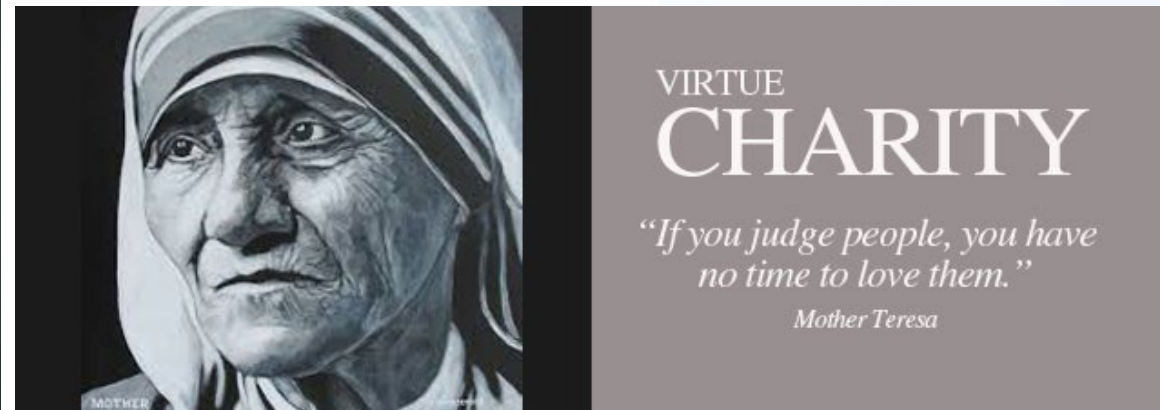
3. Charity

- Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.
- Jesus makes charity the new commandment. By loving his own "to the end," he makes manifest the Father's love which he receives. By loving one another, the disciples imitate the love of Jesus which they themselves receive. Whence Jesus says: "As the Father has loved me, so have I loved you; abide in my love." and again: "This is my commandment, that you love one another as I have loved you."

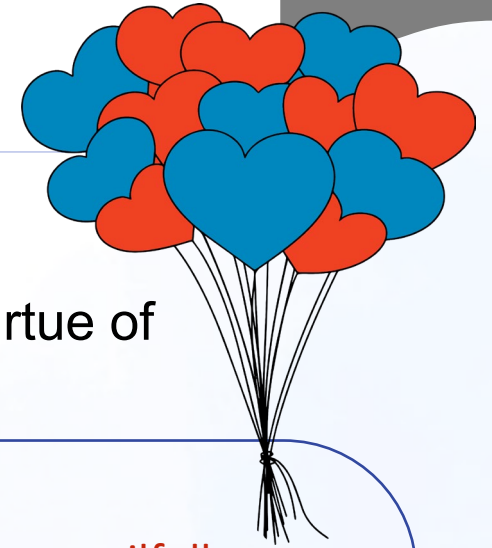
The theological virtue of charity is the mysterious power, communicated by grace, to love as God loves.

Michel Quoist

quoteency



Charity/Love is a Choice !



- Charity properly resides in the rational will. Hence, it's a choice.
- Contrary to the secular understanding of love as a feeling, the Catholic virtue of authentic charity says that love/charity is a choice.

You choose
for God.
You choose
for being
charitable to
others.

Regardless of how you feel or don't feel in a particular situation, you may wilfully choose a loving action toward a person, wherein which heroic Christian virtue lies.

- › Choosing charity when it is difficult or undeserved is what we are called to do in the practice of this virtue and, while extremely fruitful, it is often difficult when done correctly.
- › Rely on God in prayer for authentic acts of charity.
- › Knowing the difficulty that can exist here, we can again remember to rely on God and His grace and ask Him, in prayer, to increase our capacity for true and authentic charity, so that we may live more closely in accordance with his will for us.



Charity is Authentic Love

- Charity is authentic love!
- Authentic love is to recognize God's love for you and all of His creation and to reflect that love back into the world.
- It is to honour everyone and everything as God does.
- Jesus crucified is the perfect example of this authentic love and whenever we have any questions about how to act in charity, all we need to do is gaze upon a crucifix.
- Jesus put our ultimate well-being ahead of his own immediate well-being, suffering so that we might be saved from our own sins.



LOVE/CHARITY is a Theological Virtue

Charity/ Caritas is a theological virtue. Why?

- Charity/ Caritas comes from God. It is a gift given to us by God freely. "The charity of God is poured forth in our hearts, by the Holy Spirit" (Rom 5: 5).
- Charity/ Caritas leads us to God. It is up to us to decide whether we want to accept and use them.
- Charity/ Caritas provides the foundation for the Christian's entire moral life because they guide, direct, and give life to all other virtues. CCC 1827 The practice of all the virtues is animated and inspired by charity, which "binds everything together in perfect harmony"



This can be demonstrated by throwing a roll of ribbon from teacher to students to illustrate this comes from God to us as a gift. Since the origin is from God, it will lead us to God.

Few Ways to Foster Virtue of Charity

1. **Charity in thoughts and words** are the first steps. If we are able to think kindly and speak kindly of others, we are more likely to treat them with kindness. Look for the good in the other person, especially when you would like to complain or tell what the other person did wrong.
2. **Pray for the needs of others.** Let's include the needs or intentions of others in our prayers. We can bring those in need to God in prayer, while also growing in relationship with God through prayer.
3. **Reach out** to someone we normally would not, so as to be inclusive of others. It will be uncomfortable at first, but that discomfort is part of growing in virtue. (Example someone at school who is bullied or alone)
4. **Strive for acts of kindness** towards others, not in return for praise or because that other person has done something kind to us. True charity seeks to give and to love without needing anything back.



Let's remember the acronym JOY: **Jesus, Others, Yourself.**
As we grow in the virtue of charity, we will be happier and joy-filled.

KINDNESS GAME



Our words influence our actions
and create the world around us...

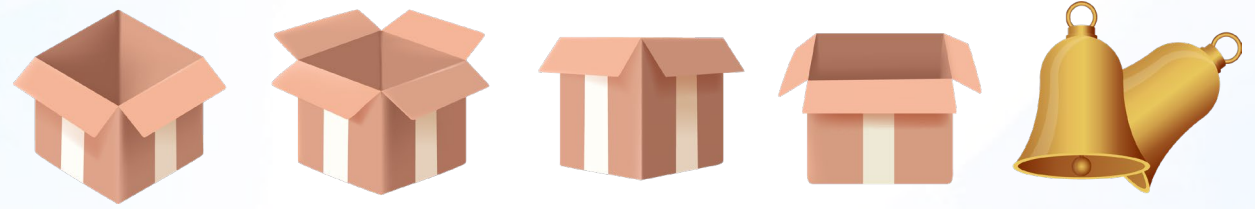


SMILE AT 10 PEOPLE	SLIP SOMEONE A NICE NOTE	LEARN TO SAY THANK YOU IN A NEW LANGUAGE	SIT WITH A NEW PERSON OR GROUP OF PEOPLE AT LUNCH
GIVE SOMEONE A HIGH FIVE			HOLD THE DOOR FOR SOMEONE
MAKE A THANK YOU CARD FOR YOUR TEACHER			FIND SOMETHING YOU HAVE COMMON WITH A CLASSMATE
CREATE YOUR OWN KIND DEED...	ASK SOMEONE ABOUT THEIR DAY	COMPLIMENT SOMEONE	WRITE DOWN THREE REASONS YOU ARE PROUD OF YOURSELF



Game 1

Jingle Who?



Supplies: Enough small boxes (shoeboxes, empty tissue boxes, or gift boxes will work) for the group, Two small bells

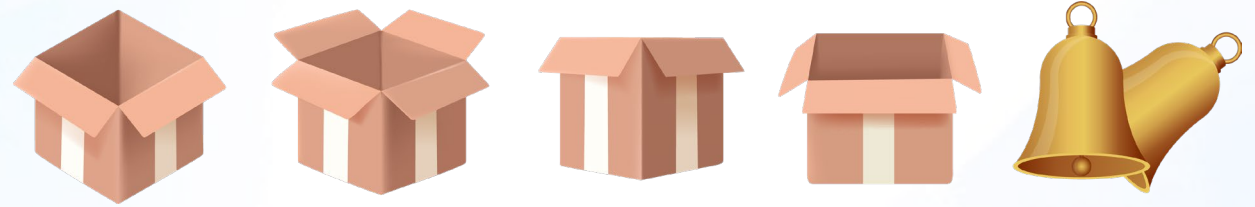
How to Play: Before the game, choose two random boxes to put a bell in. Pass out the boxes to the group. Explain that two of these boxes have bells in them. If they have a bell in their box, the point of the game is to keep that a secret. If they don't have a bell, the point of the game is to figure out who the two people who have the bells are. Everyone has to hold their boxes in front of them as you call out instructions. Start with simple things - like walk across the room, sit down and stand up, turn in a circle. After every couple of actions, say, "Who's jingling?" And let a volunteer guess who they think is hiding the bell in their box. If they guess wrong, they're out. If they guess correctly, they get a point! After each guess, make the instructions more active, like jumping up and down, running to the other side of the room, doing one-armed jumping jacks, etc. Once both jingle bell boxes have been eliminated, swap the boxes around and start a new round.

Ask:

- How were you able to identify who had the jingle bell?
- If it weren't for the noise, would you have been able to figure it out?

Game 1

Jingle Who?



Teach – Loving Others

Say:

- It really didn't matter how sneaky the people with the jingle bells were; once you started making noise, it was game over. You could pretend you didn't have the bells, you could hide the bells, you could even flat out say you didn't have the bells. But the noise you made gave you away!

Ask:

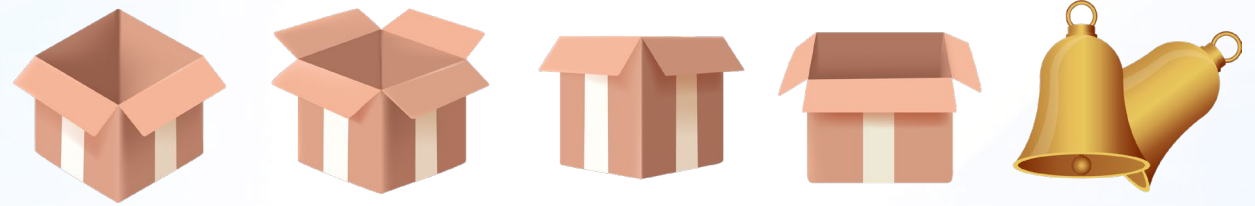
- Have you ever thought about what kind of noise you're making with your life?

Say:

- That may sound a little strange - that you make noise with your life - but think about it. Your words, your actions, your decisions and behavior all add up to the type of noise you're making with your life.
- You can tell a lot about a person by the type of noise their life makes. Is it angry? Joyful?
- When people listen in on your life, the kind of noise you're making should point them to knowing exactly who you are - a follower of Christ.

Game 1

Jingle Who?

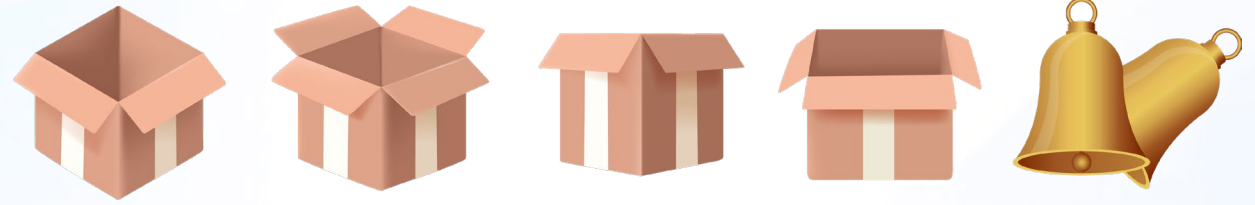


Ask:

- If you had to sum up the kind of noise you're making with your life right now in one word, what would it be?
- Do you think that when people look at your life, they know that you're a Christian?
- What kind of noise do you think you should be making with your life?
- "By this everyone will know that you are my disciples, if you love one another."
- Say:
- You may think that loving one another is a quiet, meek thing, but I beg to differ. I think that loving one another speaks loudly, making a lot of noise.
- When you love one another, you go against the grain. You go against what most of the rest of the world does.
- When you love one another, you have patience, and you forgive. That speaks loudly in a world full of selfishness and unforgiveness.

Game 1

Jingle Who?

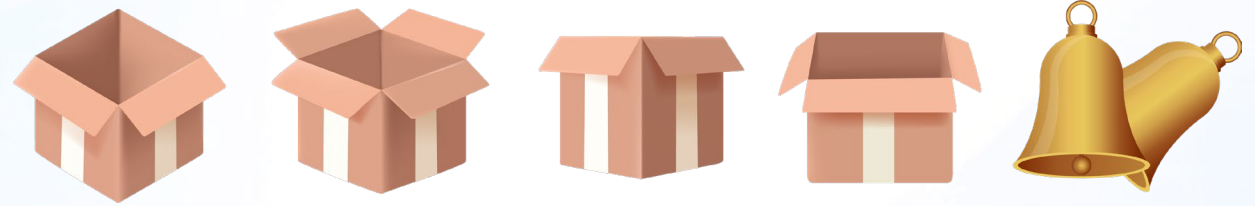


Ask:

- When you love one another, you put someone else above yourself. You are humble, you serve, and you are kind.
- When you love one another, your life makes a kind of noise that points people straight to Jesus.
- Jesus could have said anything when He was saying “This is how they’ll know you’re my disciple.” Of all things, He chose love. Why do you think that is so important to Him?
- Do you think that your life shows a lot of loving others right now?
- Do you think that those around you would notice that your life was different if you loved others like Jesus says?

Game 1

Jingle Who?



Wrap up

- Jesus could have said anything, but He said love. Of all the things that could point to Him, loving one another is at the top of the list.
- Just like in the game, you can't hide that kind of noise. Loving one another in this world is going to make you stick out. People are going to know that you are different. Your life is going to sound different than most other people's lives, in the best way possible.
- The noise that your life is making should make people stop and listen, and when they do, it should point them straight to Jesus. Isn't being a disciple of Jesus something you want to be known for? If it is, now you know exactly what to do.
- Love one another. In the loudest way possible.

Game 2

Love Your Neighbour



Materials: chairs

Instructions:

1. Designate a person to be X.
2. Have everyone else sit in chairs in a circle around X. There should not be any empty chairs.
3. X approaches someone sitting in a chair and asks, “Do you love your neighbour?”
4. If the person answers “Yes I love my neighbour” then the people sitting to the left and right of that person must switch places. X may try to take one of their seats.
5. If the person answers “No” they must also add “but I love everyone who”. Everyone who meets that criteria must get up and find a new place to sit. X may try to steal of of their seats.
6. Whoever doesn’t have a seat is X and play continues.

Notes: It might be helpful to give some examples for answering “No” .(No, but I love everyone who has a sister..... No, but I love everyone who is wearing red..... No, but I love everyone who got up before 7am this morning.....)

Game 3

Love Definitions

Objective: To help participants explore different perspectives and definitions of love.

Materials: Index cards, Markers or pens, A whiteboard or large sheet of paper.



Instructions: Divide the participants into small groups of 3-5 people. Ask each group to come up with a definition of love in five words or less. Encourage them to be creative and think outside the box. After each group has come up with their definition, have them write it on a small piece of paper or index card. Collect all the definitions and post them on a whiteboard or large sheet of paper for everyone to see. Read out each definition one by one and ask the participants to guess which group came up with it. Once all the definitions have been revealed, ask the group to discuss which definition they think is the most accurate or meaningful. Encourage them to share their own perspectives and experiences with love.

References

<https://ministrytoyouth.com/youth-group-game-on-loving-others/>

<https://young-catholics.com/12254/love-your-neighbor-game/>

<https://young-catholics.com/21774/love-definitions-icebreaker-game/>



BREAK



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Day 1 - Session 2

Charity & Commandments



Sing and Reflect over which command strike in our heart and ask students to tell it out.

*Anna Pesaha Thirunnaalil
Karthavaruliya Kalpana pol
Thirunaamathil chernneedam
Orumayodee bali Arppikaam*

*As our Lord commanded
On the feast of Passover
Let us gather in His holy name
In unity, let us offer this sacrifice*





Do this in remembrance of me.



Charity & Commandments

Scenario

Boy 1; Jesus has come and abolished the Old Testament. Therefore, there is no need to follow the Ten Commandments. All what we need to do is just to love. How do you respond and why?

Does Charity abolish the Ten Commandments?

No; it gives new meaning to them.

Charity and Commandments

Charity, or love, is the virtue that allows us to fulfil the two greatest commandments revealed by Jesus. "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbour as yourself. The whole law and the prophets depend on these two commandments," (Matthew 22:37-40, Mark 12:29-31).

CCC 1824: Charity keeps the commandments of God and his Christ: "Abide in my love. If you keep my commandments, you will abide in my love." (John 15: 9-12)



Charity & Commandments

These “new” commandments that Jesus put forth do not abolish the Ten Commandments, rather it fulfills them and gives meaning to them.

We are called to follow them precisely because we love God above all things, and we love others above ourselves.

When we act in love, or charity, we naturally follow the Old Law, but it has new meaning.

Charity is the highest virtue. Why?

Because any other virtue that you exhibit is necessarily driven by charity, either toward God or toward your neighbor.



Charity & Commandments

How Charity Relates to the Commandments:

- Charity, as a fundamental virtue in Catholic teaching, aligns with the Ten Commandments by emphasizing love and benevolence toward our neighbours.
- Each of the Ten Commandments reflects the essence of charity, guiding us in our interactions with others and our devotion to God."

Practical Application of Charity in Daily Life:

- Practicing charity in our daily lives can take many forms, from small acts of kindness to more significant acts of service and love.
- It's not enough to know the commandments; it's crucial to apply them practically by showing love, compassion, and kindness to those in home, society or to whom in need.

Encouraging Teens to Embrace Charity and Commandments in Their Lives:

- Commandments help us to making ethical choices and living virtuous lives."
- By embracing Commandments, we contribute to a more compassionate and just society, fostering a sense of purpose and moral responsibility.



Game 1

Charity Relay Race



Objective:

- To reinforce the importance of charity and good deeds.

Instructions:

- Divide the teens into teams.
- Set up a relay racecourse with various stations.
- At each station, include a task that promotes charity (e.g., wrapping a gift for a charity, writing an encouraging letter, or assembling care packages).
- Teens take turns running the relay, completing a charity task at each station.
- The first team to finish the relay wins.

Game 2

Scavenger Hunt

Commandment scavenger hunt

- Create a list of clues or riddles related to each of the Ten Commandments (Examples)
- Hide these clues around the classroom or a designated area.
- In small groups decipher the clues and find the corresponding commandment.
- Once they find a commandment, they discuss its meaning and significance.
- The team that correctly identifies and discusses all Ten Commandments first win.

"I'm a rule that says, 'You shall have no other gods before me.' Find me near the source of all wisdom."

Clue Location: Near a Bible or religious book.

"I'm the one that guides you to 'Honor your father and your mother.' You can find me where you rest your head at night."

Clue Location: Near a bed or pillow.

"If you're looking for 'You shall not murder,' check the room where you gather to eat."

Clue Location: Near the dining area or kitchen.

"I'm the commandment that speaks of 'You shall not commit adultery.' Search where you find yourself in a reflection."

Clue Location: Near a mirror.

"You can find 'You shall not steal' where you put your clothes away."

Clue Location: Near a closet or wardrobe.

"To 'Remember the Sabbath day, to keep it holy,' search where the passage of time is marked."

Clue Location: Near a clock or calendar.

"I'm the rule that speaks of not making 'graven images.' Find me where you keep precious items."

Clue Location: Near a collection of special items or jewellery.

"To obey 'You shall not bear false witness against your neighbor,' look where knowledge is shared."

Clue Location: Near a bookshelf or library.

"Find me where you gather as a family. I represent 'Honor your father and your mother.'"

Clue Location: In the living room or family area.

"To 'You shall not covet,' go where you store your possessions."

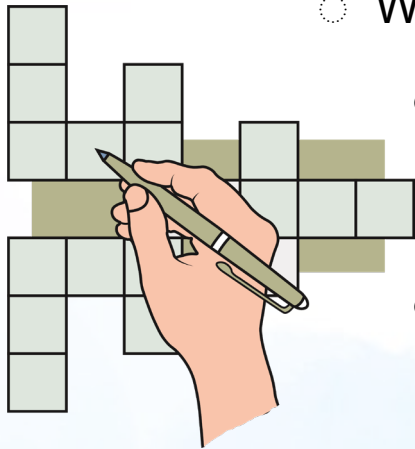
Clue Location: Near a storage area or personal belongings.



Extra Games

Other Game/Activity Ideas (Based on Commandments)

- Create a 5-minute skit based on commandment randomly chosen for the group



- Word search based on 10 commandments
 - First group to solve all 10 crossword puzzles in relation to the commandments wins:
 - Crosswords need to be printed : <https://www.catholicbrain.com/edu/games/word-search/134/the-ten-commandments>



BREAK



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Day 1 - Session 3

Charity Towards God





LIVING
IN THE LOVE
OF GOD

Loving God



"Everything has its origin in God's love, Everything is shaped by it, Everything is directed towards it. Love is God's greatest gift to humanity; it is his promise and our hope"

Pope Benedict XVI



CERTAINLY, YOU DO!

But How do you Love God?

To "love" God means to always desire and pursue a greater communion with him. This communion increases primarily through our reception of grace in the sacraments, and through our obedience to his will

GOD is Love itself and, therefore, loving Him necessarily involves a complete submission of your will to His. Perfect obedience to Him in all things is a powerful way of loving Him. It's a way of allowing Him to dwell within you, and in that act, to take over your will.



Jesus said to his disciples: "Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him."

John 14:23

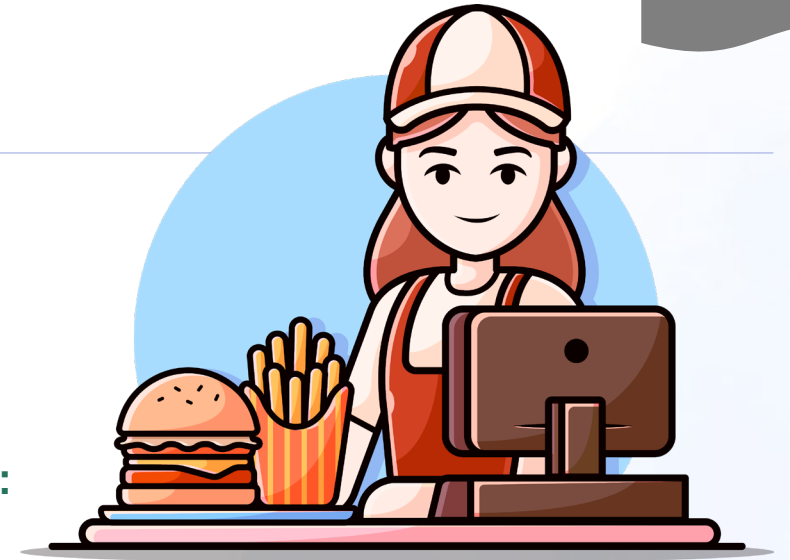
YOU SHALL
LOVE
THE LORD YOUR
GOD
WITH ALL YOUR
HEART
AND WITH ALL YOUR
SOUL
AND WITH ALL YOUR
MIND.

MATTHEW 22:37

Loving God

Commandments that shows us how to love GOD:

- I am the LORD your God, you shall not have other Gods before me - He alone is God, and we should allow nothing to prevent us from serving and obeying Him. As our Creator and Sustainer, He has given us everything, and wants us to acknowledge Him as the source of all good things and instruction in right living.
- You shall not take the name of the LORD your God in vain - God is far greater than anything we can see or imagine, and idolatry limits Him in our minds.
- Remember to keep holy the LORD'S Day - The quality of our relationship with God depends on the love and regard we have for Him. We are expected to always honor who and what He is, and never disrespect Him in word or action.



Group Activity:

Scenario 1:

Liya is in year 11. She has got a new job in a shop, but she was asked to work on Sundays and was offered double the pay. She is aware this is going to affect her Sunday Holy Qurbana and Catechism classes. She has to choose either the job or The Holy Qurbana. What should she do? Why?

Reflection:

How is Liya's choice affecting her 'Love for God'?

How is Liya's choice affecting her from 'Following the Commandments'?

Loving God

Scenario 2:

Sam and his family migrated from Kerala to Melbourne. They became regular to their Syro-Malabar Holy Qurbana in Melbourne as they were in Kerala. It takes 35 minutes to drive from their home and reach the Church. Joe, Sam's elder brother who studies catechism in year 9 started saying that it's a waste of time travelling up and down 70 minutes a Sunday when there is another church very close to their home. Moreover, he says the Syro-Malabar Qurbana takes so long to finish.

Reflection:

What do you think of happening to the Love of God in Joe?

What decision should Sam take regarding Joe's proposal and why?

Which are the elements lacking in Joe's love for God?



Understanding God's Call to Love

- We are all called to Love God with all our Strength, mind and heart.
- By truly loving God we are called to the below.
 - Adoration
 - Prayer
 - Sacrifice
 - Promises and Vows

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this, all people will know that you are my disciples, if you have love for one another.”

John 13:34-35



Loving God

Adoration:

- › To Adore God is one of our biggest call.
- › We first recognize our nothingness before God. Yes, that's right, nothingness! This is the heart and soul of 'humility'.
- › We are weak, and, without God, we are nothing.
- › Our pride can make this hard for us to admit. But when we can recognize this, adoration then enables us to offer all glory to God rather than ourselves.
- › It enables us to bow down before Him in love and worship as we offer all the praise and glory to Him



Prayer:

- › We are called to "Pray Always"
- › Prayer is the only active way we unite and stay connected with GOD
- › By making God the center of our lives, we choose 'prayer' also to be the center of our lives.
- › Consistent prayer releases the power of God's blessing on your life and circumstances.
- › When we pray, we are opening our hearts to Him and He can work in us and through us.
- › Prayer also helps us to grow in our relationship with God. The more we talk and spend time with someone the more we get to know them.



Loving God

Discussion: (Adoration & Prayer)

Song:

*Sabdamuyarthi Paadiduv
Sarvarumonnai Paadiduv
Ennenum Jeevikkum
Sarveswarane Vazhthiduv
Paripaavananaam Sarevesa
Paripaavananaam Balavanae
Paripaavananaam Amarthyan
Kaarunnyam nee choriyanamae.*

*S: Lift up your voices and sing aloud
Let us all sing His praise
Bless the Lord
Bless the Lord eternal.*

*A: Holy Lord of all
Holy mighty one
Holy immortal one
Have mercy on us.*



To Discuss:

- › Identify the forms of adoration and prayer in the church and family.
- › Why should we pray loud? Find out the reasons. Self-evaluate your Holy Qurbana participation.

Bible verse reference for praising and glorifying god:

- › Angels were singing out in loud voice Lk 2:8-14;
- › Shepherds praised God Lk 2: 15-20;
- › People started praising God Lk 7:11-17;
- › Disciples began praising God in a loud voice Lk 19:37)

Loving God



Sacrifice:

- › The heart of love is sacrifice.
- › Sacrifice, on a secular and superficial level, does not make sense. But on a spiritual level of faith, sacrifice is one of our greatest joys.
- › Jesus's sacrificial love is portrayed when He willingly gave His life on the Cross so as to atone for our sins.
- › Sacrifice, on our part, must not be seen in a negative light. Rather, sacrifice must be seen as a wonderful opportunity to put God and His will first in our lives.
- › To live a sacrificial life is nothing other than to make the will of God more important than anything else in our lives.
- › The fruit of sacrifice is spiritual joy and peace.

Promises and Vows:

- › There are various times when we are called to show honor and respect to God through solemn promises and vows.
- › These public commitments to God are made in various Sacraments such as Baptism, Confirmation, Marriage and Holy Orders.
- › Making a promise or vow to God and then fulfilling it, is a duty of every Christian.
- › Some are called to unique expressions of vows in the religious life offering chastity, obedience and poverty to God in a solemn way.
- › Additionally, Christians may make personal promises to God as a way of entrusting themselves to Him and relying upon His grace to fulfill that promise. Promises on this level are personal manifestations of faith.

Loving God(Explained In Liturgy)

Discussion: (Sacrifice and Vows)

Song:

*Thirusannidhiyil Hrudyagathangal
Choriyuvinennekkum
Nombum Prarthanayum
Pachaathapavumayi
Thrithvathe Modaal
Nithyam Vazhtheedam*

*Open your hearts before Him.
By prayer, fasting, and contrition,
let us find favor with the
Father, the Son and the Holy Spirit.*



Reflect:

- › Can you identify the daily sacrifices our parents make for us? And why?
- › Can you identify the promise /vow your parents keep? Short term promises and eternal promises?
- › (Short term Promises: Nercha neral / Thirunnal kazhikal/Thirunnal elkal/ volunteering like....find out more..
- › Eternal Promises: Marriage, Chastity, Bonding and commitment to the Syro-Malabar Church)

*Perfect act of Loving God
Possible to us in our daily
Christian life is-through
Holy Qurbana*



Game 1

Pen Ball Challenge



Instructions:

- Children are divided to 4 groups
- Each player is given a pen each
- There will be a cricket ball placed on a bottle.
- All the players of each group is to carry the ball from the top of the bottle balancing them with their pens and drop them to the destination location.
- The ball should not drop while carrying them. If it drops the players start again.

Reflection:

- The ball here represents God Himself and his love. We all hold on to it so that we do not fall off from God's Love.
- To Love God means to be in communion with him.
- We are all united in God's love.

Game 2

Ready to Challenge?



Instructions:

- Divide to two groups
- Each team will be assigned a set of tasks
- The team that completes all the tasks the quickest wins.

Tasks:

1. 3 bible verse on Love of God to be formed. The words will be scrambled up as small chits. The team must find the verse.
2. The team is given a set of cups and balloons. They must form a small cup pyramid without using hands. They are to use the balloons to lift the cups to be stacked. Each cup will have a letter on it, and it should be stacked to complete the word.
3. Find out from the Bible, three passages on God's love (More Challenges to be added).

END OF DAY 1



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne



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Syro-Malabar Eparchy of Melbourne



DAY 2

LOVING YOUR CHURCH



RUN SHEET FOR THE DAY



Item	Duration	Start Time	End Time
Holy Qurbana & Inauguration			
Tea Break			
Session 1 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Balloon Challenge - Activity 2 - - Conclusion			
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Pesaha Appam and Paal - Activity 2 - Pass the ball - Conclusion			
Tea Break			
Session 3 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Water Pong - Activity 2 - Conclusion			
Finale Practise			

Introduction



Introduce each teacher
and other resource
personnel



General safety rules
(Do's and don'ts)



Children to report any
concerns to teachers,
housekeeping
requirements



Explanation of
the day's agenda



Explanation of
the day's slogan



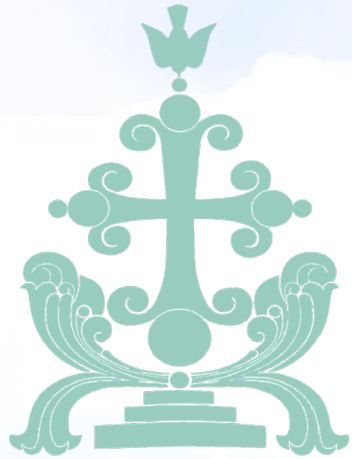
Prayer

Day 2 - Session 1

Love / Charity / Caritas Towards Church



I Belong to the Syro-Malabar Church



- › I belong to the Apostolic Tradition of St Thomas.
- › My Church is different in its sacraments, administration tradition & spirituality.
- › I am proud to be a Syro-Malabar Catholic.



Events for the Day

- Wearing traditional dress
- Bringing traditional food
- Singing Kandeessa Aalaha/ Laku Mara
- Performing traditional dances (Margam Kali/ Parichamuttu Kali)
- Preparing pesaha appam



Opening Prayer

The Magnificat Prayer

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favour on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.



Ice Breaker - Time Bomb Intro



Set-Up:

- ◇ Have the group stand in a circle facing the centre. Then, go around the circle and have each person say their first name

How to Play:

- ◇ Explain that the tennis ball is a “time bomb.” When someone throws it in the group, they only have 2 seconds to say someone else’s name and throw the ball to them. If they can’t remember anyone’s name in 2 seconds, the “bomb” explodes, and they are “out.” Have participants who forget names step to form an outside circle.
- ◇ As the inner circle gets smaller, the group will continue tossing the tennis ball until they know everyone’s name in the group. You can offer a prize for the last ones standing who learned their peers’ names and didn’t get “blown up” by the tennis ball time bomb.



Love / Charity / Caritas towards Church



- Church is not a human initiative, but the initiative of Jesus for the salvation of the world.

Peter's Declaration



Matthew 16:13–19

Peter Confesses Jesus as the Christ

¹³Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” ¹⁴And they said, “Some say John the Baptist, others say Elijah, and others Jeremiah or one of the prophets.” ¹⁵He said to them, “But who do you say that I am?” ¹⁶Simon Peter replied, “You are the Christ, the Son of the living God.” ¹⁷And Jesus answered him, “Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven. ¹⁸And I tell you, you are Peter, and on this rock, I will build my church, and the gates of hell shall not prevail against it. ¹⁹I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

Reflection Time

How do you explore the following answers from the passage?

- › Church is founded on the Christ Experience of the 12 Apostles and this Christ experience is handed down to us through centuries.
- › Christ experience is something unique for each individual Church in different aspects. Today, this handed down experience is not something based on material research or data evidence but on your special bonding with God the Father in Jesus through the Holy Spirit in connection with an apostle.



Each Apostle Experienced Jesus Differently

- › Then the Apostles went about to different parts of the world to share Jesus. Thus, different Churches were formed in the different parts of the world.
- › St Thomas came to India and St Thomas Christians (Syro-Malabar & Malankara) were originated.
- › As the Apostle is different, each individual church is different & unique in their spiritual journey.
- › But every single apostolic Church is united under one umbrella of the Primacy of St Peter and his successor Pope.



Discussion - I belong to the Syro-Malabar Church

My privilege and responsibility as a Syro-Malabar Church member – Discussion

- ◇ Discuss and find out how you can perform them in your Syro-Malabar Parish
 - › to welcome, to gather and to belong:
 - › to care, to serve and to honour:
 - › to worship, to witness and to send



Love / Charity / Caritas towards Church

To Welcome, Gather and Belong



- ◇ **Jesus' life certainly provides insights**
- ◇ “Come, follow me”; “Let the children come to me”
- ◇ “Zacchaeus, I must stay at your house today”
- ◇ **Jesus' idea of welcome is not a banal greeting, but a genuine interpersonal exchange through which He initiates a relationship – and eventually, friendship – with the one called.**
- ◇ The Church Gathers to Build One Another Up in Christ
- ◇ Because of our unity in Christ, the purpose of gathering weekly for church is also meant for Christians to build each other up in Christlikeness by worshipping God together.
- ◇ As the world will know that we are His disciples by our love for one another (John 13:35). This attitude of love is the essence of true belonging. Jesus desires to make a space at the table for everyone. Men, women and especially children from all walks of life and context have a space to find true belonging in Jesus.

Love / Charity / Caritas towards Church To Care, Serve and Honour

- ◇ Show Up Beyond Worship....
- ◇ Become Part of Weekly Worship....
- ◇ Be an altar server....
- ◇ Become a Catechism Teacher....
- ◇ Lead Lay Ministries....
- ◇ Join the Events Crew....
- ◇ Maintain the Premises....
- ◇ Stay Connected to Fellow Members....



ONE OF THE **BEST WAYS** WE
CAN **GROW TOGETHER** AS A
CHURCH FAMILY IS TO
SERVE TOGETHER

Love / Charity / Caritas towards Church

To Worship, Witness and To Send

- ◇ Witness the faith by being a joyful presence and recognizing Jesus in those that you encounter.
- ◇ Worship is an act of reverence and honor shown to God. It is both a personal and a community act.
- ◇ Christians are sent forth on mission. A community recognizes that what it celebrates is of value to others and wishes to make it available to them. Good celebration voices this and usually concludes with a challenge to all present to take the fruit of celebration into the world to others.

What does it mean to be a
WITNESS
for **CHRIST?**

“ As Christians, we are called to be witness for Christ who present a testimony about the truth that we have experienced and heard.”





**WHEN YOU TAKE A STAND
AGAINST THE CHURCH,
YOU ARE POSITIONING YOURSELF
AGAINST CHRIST HIMSELF.**

(Acts 9:1-9)

Saul's conversion story: <https://catholicexchange.com/the-conversion-of-st-paul/>



Game 1

Balloon Challenge

Materials Required: Four cardboard squares, Balloons

Game: This game would be played as teams. The challenge include blowing balloons and bringing balloons from one end to other end of the hall through a straight line. Two players should bring the balloon through a straight line, players cannot hold the balloon. Balloon should be always in air. The players can only stand on cardboard sheets. All players should come in pairs and try to bring balloons. If balloon goes far away that the players cannot get it from the cardboards, they should start again from start of line. The team who collects maximum number of balloons in the designated time will win.

Message: All of us can contribute. The game shows us the importance of every one's role in Church. There were few who could blow balloon well. Some were good with controlling balloon. Some were good with grouping people. But All were working towards same goal and that is essential.

BREAK



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Day 2 - Session 2

Know Your Syro-Malabar Church



Ice Breaker - Yes Name Game



How to Play:

- ◇ Everybody forms a circle.
- ◇ One student makes a body move while saying their name.
- ◇ Then, everyone responds "yes" with both hands up and repeats the name, and the body moves.
- ◇ The next person then does a different motion while saying his name.
- ◇ Then, everyone responds "yes" with both hands up and repeats the name, and the body moves.
- ◇ This continues with all students.

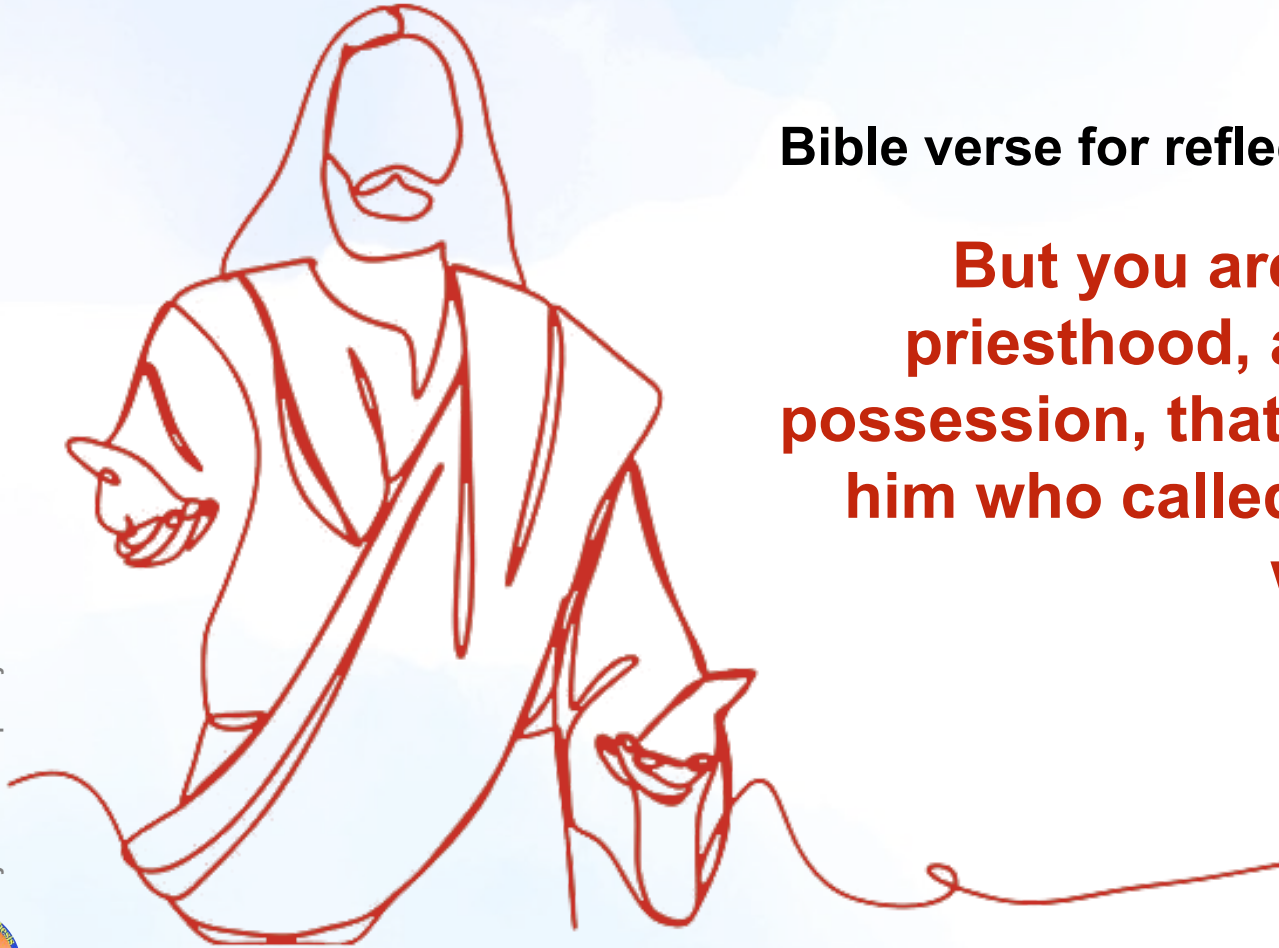


Know Your Syro-Malabar Church

Bible verse for reflection:

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

1 Peter 2:9



Know Your Syro-Malabar Church



The History of the Syro-Malabar Church

The Syro-Malabar Church traces its origin to St Thomas the Apostle, who came to India in 52 A.D., its members being called St. Thomas Christians.

- The Apostle Thomas's character is outlined in The Gospel According to John. His devotion to Jesus is clearly expressed in John 11:5–16: when Jesus planned to return to Judaea, the disciples warned him of the Jews' animosity ("now seeking to stone you"), to which Thomas soon replied, "Let us also go, that we may die with him."
- St. Thomas came to India and evangelized it in the period between 52 and 72 AD during his missionary journeys in India. He was martyred on July 3rd 72 AD at Madras.

Thomas became the first apostle to explicitly acknowledge Jesus' divinity crying "My Lord and my God."

Know Your Syro-Malabar Church

*I belong to the Syro-Malabar Church
which has the Apostolic tradition
of Saint Thomas*



Know Your Syro-Malabar Church



IDENTITY OF SYRO-MALABAR CATHOLICS



LITURGY

East Syriac liturgy
Anaphora facing the Altar
Anaphoras of Addai & Mari, Theodore



THEOLOGY

Different theological perspectives



FAITH & SPIRITUALITY

Catholic & Apostolic
Faith experience handed down from
St. Thomas the Apostle
Strong tradition of family prayer



CHURCH DISCIPLINE

Catholic & Apostolic
Oriental Canon Law, Traditions & Customs



അർഹം ഓർമ്മ
My LORD and My GOD



Know Your Syro-Malabar Church

Church at a Glance



Archeparchies/Eparchies
35



Apostolic Visitations
1



Faithful
5080637



Parishes
2753



Semi Parishes
1259



Families
888871



Eparchial Priests
5174



Religious Priests
5313



Consecrated Men
183



Consecrated Women
35486



Eparchial Major Seminarians
1274



Religious Major Seminarians
1520



Eparchial Minor Seminarians
847



Religious Minor Seminarians
1260



Candidates Under Formation
2182



Educational Institutions
4591



Charitable Institutions
2429

Current Statistics of the Syro-Malabar Church: <https://www.syromalabarchurch.in/church-at-a-glance>

We are governed by a Major Arch Bishop in communion with the Synod of Bishops. Do you know the name of our Major Arch Bishop?



Know Your Syro-Malabar Church



Mar Raphael Thattil
Our Major Arch Bishop

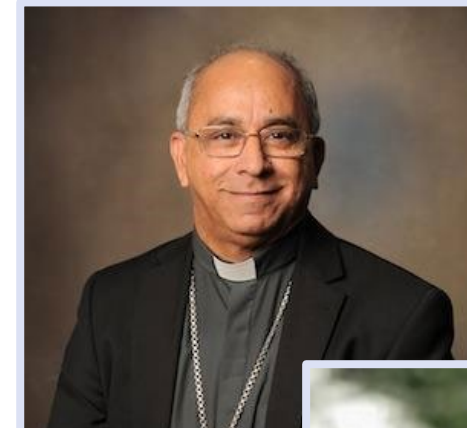
Know Your Syro-Malabar Church

The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne for Australia & wider regions of Oceania

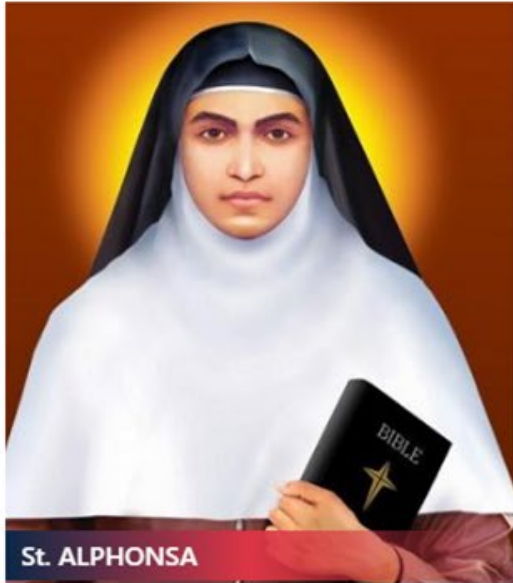
- On 23 December 2013 Holy Father Francis established The Syro-Malabar Eparchy of St Thomas the Apostle, Melbourne for Australia, Bishop Bosco Puthur, as the first Bishop/Eparch of the new Eparchy.
- On January 2023, Pope Francis appointed Bishop John Panamthottathil as the second bishop of the Syro-Malabar Eparchy of St Thomas the Apostle in Melbourne. On May 31, 2023, he was ordained as bishop and installed as the bishop of the eparchy by His Beatitude Cardinal George Alencherry.



SYRO MALABAR EPARCHY
OF ST THOMAS THE APOSTLE, MELBOURNE

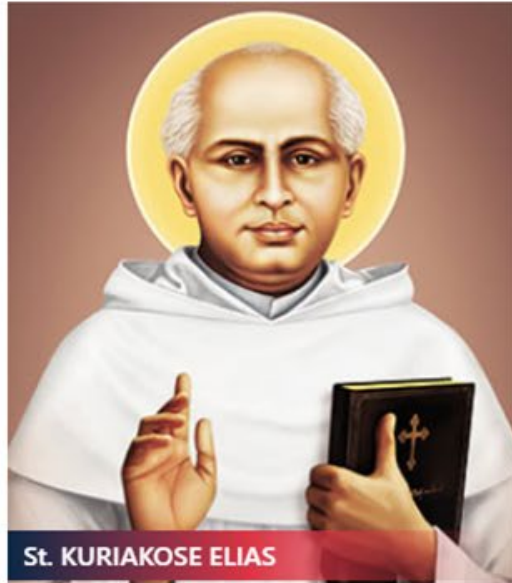


Syro-Malabar Saints



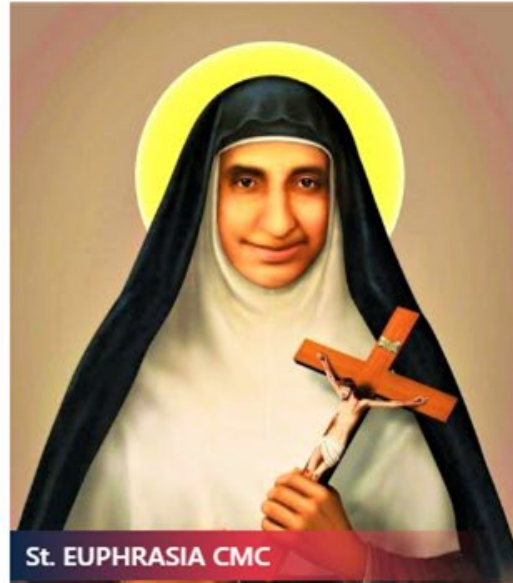
St. ALPHONSA

Date of Birth	19 August 1910
Date of Death	28 July 1946
Sevent of God	02 December 1953
Venerable	09 November 1984
canonization	12 October 2008



St. KURIAKOSE ELIAS

Date of Birth	10 February 1805
Date of Death	03 January 1871
Sevent of God	30 November -0001
Venerable	07 April 1984
canonization	23 November 2014



St. EUPHRASIA CMC

Date of Birth	17 October 1877
Date of Death	29 August 1952
Sevent of God	15 August 1987
Venerable	05 July 2002
canonization	13 October 2019



St. MARIUM THRESIA

Date of Birth	26 April 1876
Date of Death	03 January 1981
Sevent of God	28 June 1999
Venerable	01 January 1926
canonization	13 October 2019

Game 1

Hula Hoop Relay Race

Game: Divide the group into teams. Each team join hands to form a circle. Loop a hula hoop over one player's arm. Without letting go of the other player's hands, he must step into and through the hoop, so it rests on his other arm. Then he can slide it onto the next player's arm, and she must repeat the same manoeuvre. Whichever team can pass the hoop all the way around the circle first, without letting go of each other's hands, is the winner.

Message: This game shows how to pass on our traditions to the next generations. We all need to work with the church and community to achieve this.



Know Your Syro-Malabar Traditions

Learning one unique tradition : Pesaha / Passover Feast

- Pesaha is a unique tradition observed by the Nasranis/St Thomas Christians at home on the Maundy Thursday.
- It is not known to be practiced by any other Christian community anywhere in the world.
- Practice of Pesaha/ Passover of the Syro-Malabar Christians could be traced back to the influence of early Jewish converts in the Malabar Coast & its Apostolic beginnings.
- This shows the Jewish roots of the Syro-Malabar Church and its closeness to historical Jesus and his times.



Know Your Syro-Malabar Traditions

Pesaha Appam and Pesaha Paal.

- Conditions
- Ingredients
- Preparation
- Consuming
- Restrictions
- Video/Skit/ practise.
- For Reference, please read below
- The Passover of Nasranis has some similarities with the Passover celebration of the Jews as listed.



Know Your Syro-Malabar Traditions

Similarities of Jewish Passover and Pesaha of Nasranis.

- Cleaning of the household.
- Usage of thoroughly cleaned or new dishes for cooking the Pesaha meal.
- Unleavened bread on the day of Passover.
- Traces of leavened food or grains are avoided.
- The sweet drink among the Nasranis may be an incultured form of Charoset in the Jewish Passover Seder plate.
- The head of the family serves the food.
- Meals include bitter food. Bitter drink (The Pesaha meal of Nasranis does not include a bitter drink, but on the Passion Friday at the Church, drinking of bitter juice is still observed.)
- Singing of special songs or hymns & later Bible reading.
- Alms-giving to the needy (Passion week is a week of alms-giving for Nasranis needy people)
- <https://youtu.be/yi0Kcq3XMJU?si=L6Aa27-3bOQBHJv5>

How to Prepare Pesaha Appam And Paal

Ingredients for Appam

- › 1 ¼ cups rice flour, lightly roasted
- › ¼ cup skinless black gram (urad dal or uzhunnu), soaked for 3-4 hours
- › 1 cup grated coconut
- › 1 big shallot
- › 3 garlic pods
- › ½ tsp cumin seeds
- › Salt to taste
- › Water

Method- Appam

- › Place black gram with water in the bowl of a small food processor, and process until a smooth paste forms. Set aside. Place grated coconut, cumin seeds, garlic shallot and enough water in the bowl of the food processor, and process until a very coarse paste forms. Set aside.
- › Place rice flour in a large bowl. Season with salt. Add black gram paste and coconut paste into the bowl. Mix well. Add enough hot water to make lump-free batter. The batter should have idli batter consistency. Set aside for 30 minutes.
- › Grease moulds with oil. Pour the batter in the moulds. Steam for 20-25 minutes.

Ingredients for Paal

- › 2 ½ cups grated jaggery
- › ¼ cup thick coconut milk
- › 1 cup thin coconut milk
- › ¼ tsp ground cumin
- › A pinch of ground cardamom
- › 2 tsp rice flour

Method- Paal

- › Melt grated jaggery with 2 cups of water. If there are any impurities, strain it.
- › Place the melted jaggery over low heat and add thin coconut milk. Stir constantly for 10 minutes. Add thick coconut milk and stir again for another 10 minutes. Add ground cardamom and ground cumin. Stir continuously for 5 minutes. Add rice flour, and stir constantly, for another 10 minutes, or until it reaches a syrup consistency.
- › Serve pesaha appam with paal.



• <https://www.youtube.com/watch?v=lrA2jRtaapc&t=13s>

Pesaha Appam And Paal

Consuming

- › The extended family usually gets together. They gather at the dining table in the evening. The scripture about the Last Supper is read. After the family prayer, the oldest member distributes one piece of appam and a tiny bowl of paal to each member, going in order of age.
- › Appam and paal usually get handed out as soon as they are prepared to neighbors who practice other religions and who are not Catholics.

Restrictions

- › The family does not celebrate Pesaha appam and paal if a family member dies within a year out of respect and as a part of their grieving process.
- › Other families of Syro-Malabar make sure they have enough bread and paal to give the bereaved family.



Game 2

Pipeline

Materials: 5 half pipes, a golf ball.

How to play: Students are divided into groups of 3 to 5. Each student is given a short half pipe. The aim of the game is to transfer a golf ball from a starting point to a finishing point.

The ball may never stop, roll backward, be dropped and hit the ground, or be touched by anyone after the first person places them into a pipe section. Pipe sections may not touch each other.

When a person has the ball in the pipe, they may not move their feet, though they can move their arms and hands. The team that transfers the ball in the shortest time wins.



Game 3

Pass the Ball

Material Needed: A netball.

How to play: Students are divided into teams. The first team line up from a starting point to a finishing point. The team members need to pass the ball from the start to the end by using their elbows only. If anyone drops the ball, they need to start from the beginning. The team that completes the task in the shortest time wins.

Message of the game: This game shows the community spirit and how following traditions and adhering to traditions results in success.



BREAK



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Day 2 - Session 3

Building Christian Resilience



Building Christian Resilience

Reaching eternity and our heavenly father is our only aim in life. And to accomplish that successfully, we need to develop habits to build our Christian resilience.

Any building needs pillars, likewise, building Christian resilience also needs the three pillars such as

1. Prayer Life (Personal and Family)
2. Keeping Sunday holy
3. Love your church and live in your church.



How does God make us resilient?

- ◇ When we walk with Him and trust Him, we can rely on him for the strength we lack. Our faith makes us resilient, because not only can we endure difficult situations knowing we are not alone, but we can also find meaning in them, knowing that God is working them together for our good (Romans 8:28, Genesis 50:20).
- ◇ Resilience comes from suffering. Look at what Paul says in Romans chapter 5. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Power of Prayer

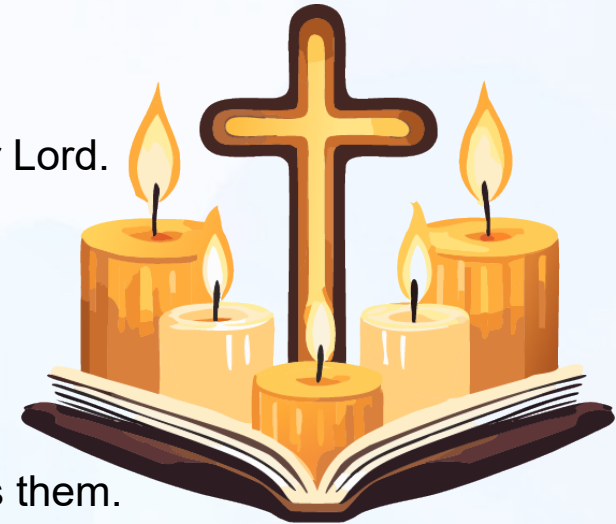
- › Watch this video: <https://www.youtube.com/watch?v=fjWBr2yQJe8>
- › Even it doesn't look very good for our eyes, God's plan will be something much better than we could possibly imagine.

A family that prays together stays together.

A class discussion on the different ways their families conduct their family prayer.

Some ideas for discussion.

- We need to have an altar or a prayer room with appropriate position for the BIBLE.
- Pictures of sacred heart of Jesus, Holy Family, Mother Mary are highly recommended.
- A picture of Divine mercy in the house.
- A prayer mat is highly recommended as we are not worthy to sit on a chair in front of our Lord.
- Bible verses stickers on the wall.
- Burning Candle
- Flowers from our own garden.
- Allocate specific time for prayer (between 30 – 40 minutes)
- Praying time and space is different . Even if its part of an ordinary house prayer changes them.



Celebrate Your Sunday - Day of the Lord Holy - with Your Family

- › Sunday Holy Qurbana
- › Catechism
- › Involving in Church activities
- › Contributing to Church
- › Volunteering for various roles

Learn from Israel – Watch the video

- › <https://www.youtube.com/watch?v=71NLXUIInXVU>



Be regular to Your own Syro-Malabar parish

- › Spending time with family,
- › Doing things together like cooking, watching a movie together.
- › Spending within home and its premises
- › Build a culture not to go out for parties, fishing, trekking, on Sundays or Days of obligation, rather enjoy, rest and live the family time within your home.





House Blessings



House Blessing - Discussion

David is in year 11. He and his three other siblings hail from a Syro-Malabar Family back in India. Here in Australia, they are no more practicing Syro-Malabar Catholics. Parents give them freedom to go to the nearby church. But David's close friend Irene is very much a practicing Syro-Malabar Catholic. She told him that her Syro-Malabar parish priest visited her home last week for an annual house blessing. And she asked him, when is your house blessed last time?

Children into groups and discuss the following questions that came up from the conversation of David & Irene.

- When is your house blessed last time?
- What are the benefits of house blessing?
- How frequent should be your house blessed?
- Which are the occasions of house blessing for a Syro-Malabar Family?
- How is the resilience of a family very much depending on its bonds with the parish and parish priest?
- What about using imagery of virus & disinfecting home?



House Blessing



A Practice Instituted by Jesus

- A Blessing
- Peace and Joy



Whatever
house you enter,
first say,
'Peace to this house.'



Luke 10:5

House Blessing



A Practice Jesus Followed

- Offers Peace
- Sharing a meal



House Blessing

The origins
Exodus 12:13
Protection from Evil



The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you.

EXODUS 12:13

Why do we bless our homes?

- As a protection,
- Acknowledging our homes as a sacred place,
- A place set apart,
- A sense of peace,
- Acknowledging it as a safe place,
- Blessed space,
- Inviting God to be there



Priest as Christ

- Christ entering the home
- Sharing Word of God
- Sharing the meal
- Building fellowship
- Get to know each other



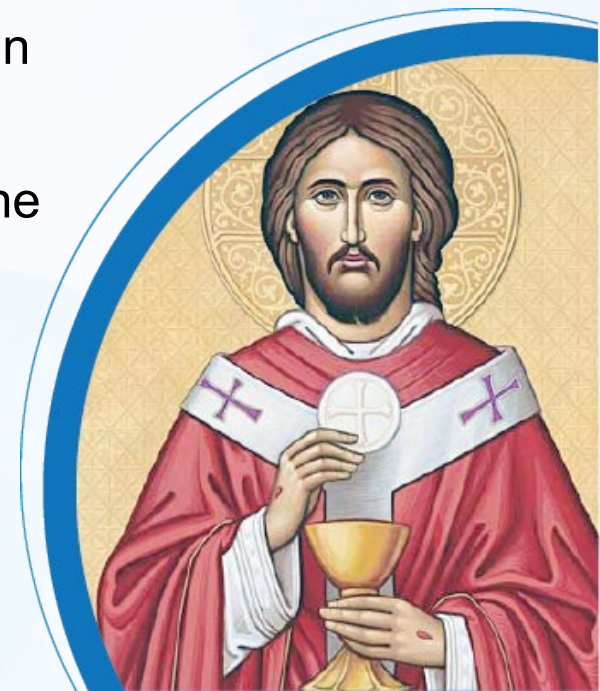
When we invite our parish priest to our homes...

- Invites Christ
- Humanises the priest – one among us
- Lordship of Christ in our homes
- Invites God's blessing over our homes



House Blessing - Why Parish Priest?

- When a priest blesses your home, he places your house under the authority of God. Your family will receive graces, and your home will be freed from any unwanted spirits.
- In the Catholic Church, it is usually performed by a parish priest who sprinkles holy water as he walks through every room of the house, accompanied by the occupants of the house, while praying for the occupants.
- Parish priest has the special authority and grace over the people entrusted in his care.
- Why can't another Priest do the blessing instead? Does every Priest have the power of ordination to bless a home?
- Every Priest does have the power of ordination.
- But the Parish Priest only has the "Power of Jurisdiction".
- Power of ordination is subjected to Power of Jurisdiction



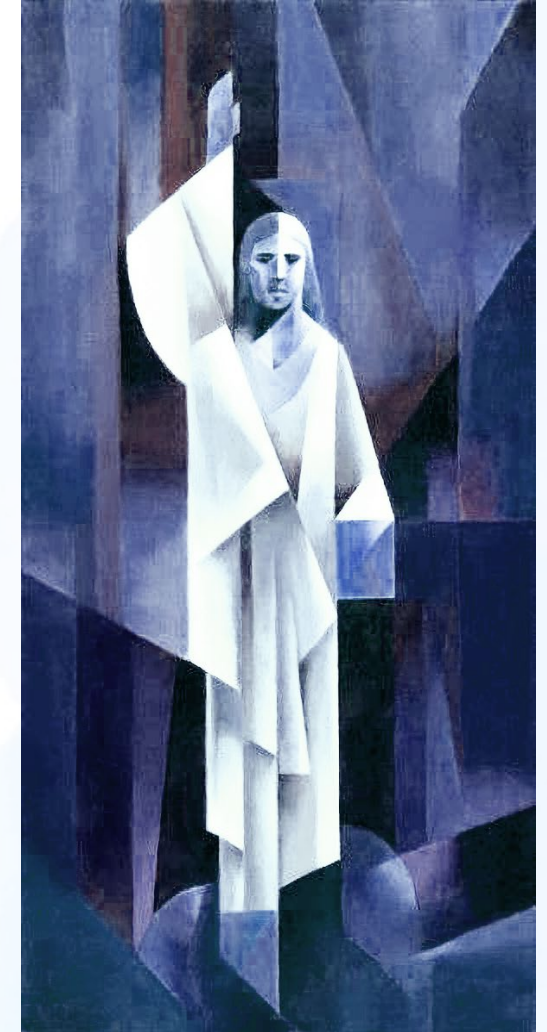
House Blessing - Cleansing & Healing

- Healings
 - › Priest blesses home when people are sick
 - › After the death of family member
- Cleansing
 - › Protect the inhabitants of a house from misfortune and the ongoing effects of bad habits
 - › Removing the effects of unholy acts and words occurred in the past.



House Blessing - Other Benefits

- Blessings are called "sacramentals" because they prepare us to receive the grace of the sacraments and help us to grow to be more like Christ (see Catechism of the Catholic Church, no. 1670). Blessings consist of prayer, Scripture, and sometimes a special ritual sign (see Catechism of the Catholic Church, no. 1668).
- Blessing nurtures hope and wards off fear; it is a companion and assurance in time of peace and a consolation and hope in time of crisis. Blessing is indispensable in celebrations, initiations, rituals, sacrifices, and rites of passage.
- The power of the blessing acts as fertilizer for supernatural supplies and growth. It is a supernatural force for unstoppable progress, growth, greatness and vitality.
- Samuel 7:29: Now therefore, let it please You to bless the house of Your servant, that it may continue before You forever; for You, O Lord God, have spoken it, and with Your blessing let the house of Your servant be blessed forever.”
- Your home is an extension of your body and spirit—so holding a house blessing can help welcome positive energy into your space and life. The blessing as a way to imbue your home with love, harmony, health, happiness, and prosperity



House Blessing - The Prayers

Sign of the Cross

Our father in Heaven

Blessing the house and its members

Psalms -84

The God who protected Israelites protect this home

As the basic unit of church, bestow your paternal blessing

Receive this home as your temple - Be with us every day as a refuge in times of sorrow and help in needs

Bible readings – Ex 12, Lk 19:1-19

Like the holy family of Nazareth – a home of prayer and Peace

In all situations help the family to follow God's will

Protect the children and help them grow in holiness

Sprinkles holy water

Thanksgiving (Ps 117)



Game 1

Water Pong

Materials: Big cups, Ping pong balls, Water

How to play: Arrange 10 cups filled with water on a table. The team who can fill all cups with ping pong balls first will be the winners.

Rules: One player can throw only once and then stand at back of line for next turn. The players should collect the balls on floor and try again.

Message: The game shows us the happiness of spending time together. Apply this to our own Church gatherings on Sundays and other activities.



END OF DAY 2





DAY 3

TOWARDS CHRISTIAN RESILIENCE



RUN SHEET FOR THE DAY



Item	Duration	Start Time	End Time
Holy Qurbana & Inauguration			
Tea Break			
Session 1 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Activity 2 - Activity 3 - Conclusion			
Lunch Break			
Session 2 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Activity 2 - Conclusion			
Tea Break			
Session 3 - Introduction - Ice Breaker - Theme Presentation - Activity 1 - Activity 2 - Conclusion			
Finale Practise			

Introduction



Introduce each teacher
and other resource
personnel



General safety rules
(Do's and don'ts)



Children to report any
concerns to teachers,
housekeeping
requirements



Explanation of
the day's agenda



Explanation of
the day's slogan



Prayer

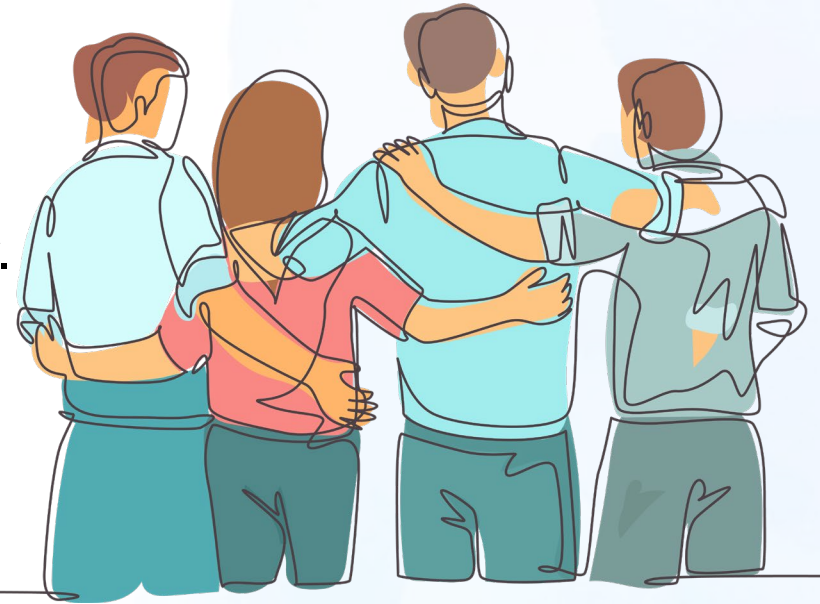
Day 3 - Session 1

Love Your Neighbour



Introduction

- The second great commandment “Love your neighbour as yourselves” summarizes the duties and guarantees provided in the last six of the Ten Commandments.
 - › Honour your father and your mother.
 - › You shall not kill.
 - › You shall not commit adultery.
 - › You shall not steal.
 - › You shall not bear false witness against your neighbour.
 - › You shall not covet your neighbour’s wife.
 - › You shall not covet your neighbour’s goods.



Love Your neighbour:

- Characteristics of Christian resilience manifested in these seven Commandments are:.
 - › Love/Charity
 - › Holiness/Chastity
 - › Orthodoxy of faith
 - › Openness for life
 - › Respect for truth & justice
 - › And finally, Hope that God can rebuild.



Opening Prayer

The Magnificat Prayer

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favour on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.



Let's start our day with the prayer

Let's pray for the intentions
of Pope Francis & Bishop
John Panamthottathil:

(1 Our Father, 1 Hail Mary,
and 1 Glory be)

Ice Breaker - Grab the Plate



Materials Required:

Paper plates 20 (For 40 students)

Rules:

- › Students stand facing each other at a one-meter distance in two rows.
- › Place one plate in the middle on the floor between two students.
- › Students now follow instructions from the instructor who call out body parts at random. E.g.: When the instructor says head – all students touch their head with both hands, eyes – they touch their eyes with both hands, finally when the instructor says plate, they should try to grab the plate with their leg”.
- › Students who do not get the plate is out. Game continues until one last person remains.

Purity of life and respect for sexuality, marriage & family

- Love/Charity, Holiness/Chastity, Hope that God can rebuild & Orthodoxy of faith
- There is a connection between purity of heart, of body, and of faith (CCC 2518). We are invited to live chastely in our thoughts, words and deeds. Chastity is necessary for the right living of one's sexuality.
- Chastity is the virtue that moderates our desire for sexual pleasure according to the principles of faith and right reason. In married people, chastity moderates the desire in conformity with their state of life, by remaining faithful to their life partner; in unmarried people who wish to marry, the desire is moderated by abstinence until they get married; and those who resolve not to marry because of their consecrated life, keep chaste by their celibate life committing themselves to God and his people with an undivided heart.



"FOR **EVERYONE**, WHATEVER **HIS STATE**: SINGLE, MARRIED, WIDOWED OR PRIEST, **CHASTITY** IS A **TRIUMPHANT AFFIRMATION OF LOVE.**"

ST. JOSEMARIA ESCRIVA



Holiness

○ Did you know?

- › The only qualification of God that's three times acclaimed in the Bible is Holiness.

○ Why we need to be holy?

- › Because our God is holy!

○ Commandments:

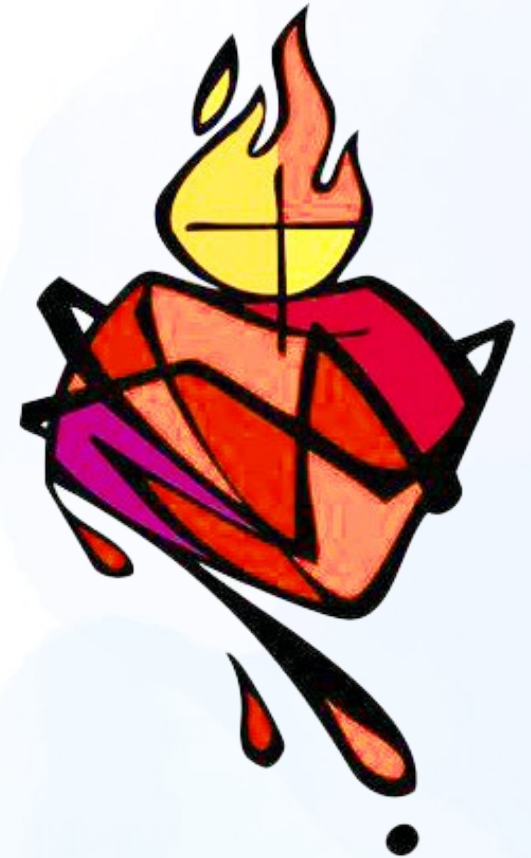
- › You shall not commit adultery.
- › You shall not covet your neighbour's wife



Be holy
because
God is holy.

Purity of heart

- CCC 2516: Because man is a composite being, spirit and body, there already exists a certain tension in him; a certain struggle of tendencies between "spirit" and "flesh" develops. The apostle St. Paul identifies it with the rebellion of the "flesh" against the "spirit." But in fact, this struggle belongs to the heritage of sin (first sin). It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle:
- CCC2518: "Blessed are the pure in heart, for they shall see God." "Pure in heart" refers to those who have attuned their intellects and wills to the demands of God's holiness.
- Purity of heart is contained chiefly in three areas:
 - › charity (Love);
 - › chastity or sexual correctness;
 - › love of truth and orthodoxy of faith.



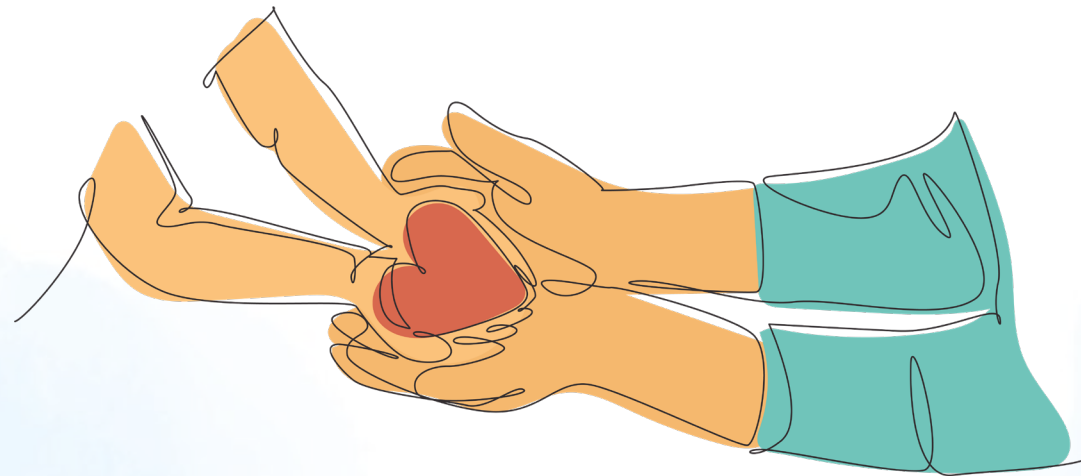
Sexual Purity - Activity

- Opening Activity: Teachers may want to bring in a mirror that illustrate the following object lesson.
- We all have had experience in looking in a mirror that distorts the image. Whether at a carnival or other attraction sometimes these mirrors exaggerate our height making us look taller than we really are.
- Sometimes they exaggerate our waist, making us look wider than we really are.
- The objective of mirror reflection is to reflect with accuracy the pre-image onto the mirror surface.
- When we look into the mirror, we are seeing a representative image of the pre-image.
- God created sexuality to reflect attributes of Himself. However, Satan has twisted the mirror so that we arrive at vastly different opinions about sex and about God.
- If we continue to look into Satan's twisted mirrors, we will never think rightly about sex or God.



Sexual Purity

- Sexual intimacy makes us “one” with another person. (Genesis 2:24, 1 Corinthians 6:16)
- The Trinity (Father, Son, Holy Spirit) is One with itself. (John 17:21)
- The Gospel welcomes us into fellowship and oneness with God. (John 17:21,22; 1 Corinthians 6:17)
- While God has created us as sexual beings, we have not been created for the purpose of sex. Rather we have been created to be one with Him through repentance, belief and baptism. Thus, the sexual experience is not the height of the human experience. Redemption through Jesus is.



How world distorts sexuality?

- Satan is not a creator; only God creates. Therefore, sexual vice is a result of Satan's corruption of God's gifts.
- Satan's corruption of sexuality is both overt and covert. Truth mingled with error. The messages are prevalent and subtly persuasive.
- Some examples include:
 - › Sex is power.
 - › Sex is everything.
 - › Sex is about you.
 - › If you have urges, carrying them out is necessary to fulfil you.
 - › Sex is harmless.
 - › Sex should be separated from love.
 - › Sex is not spiritual.



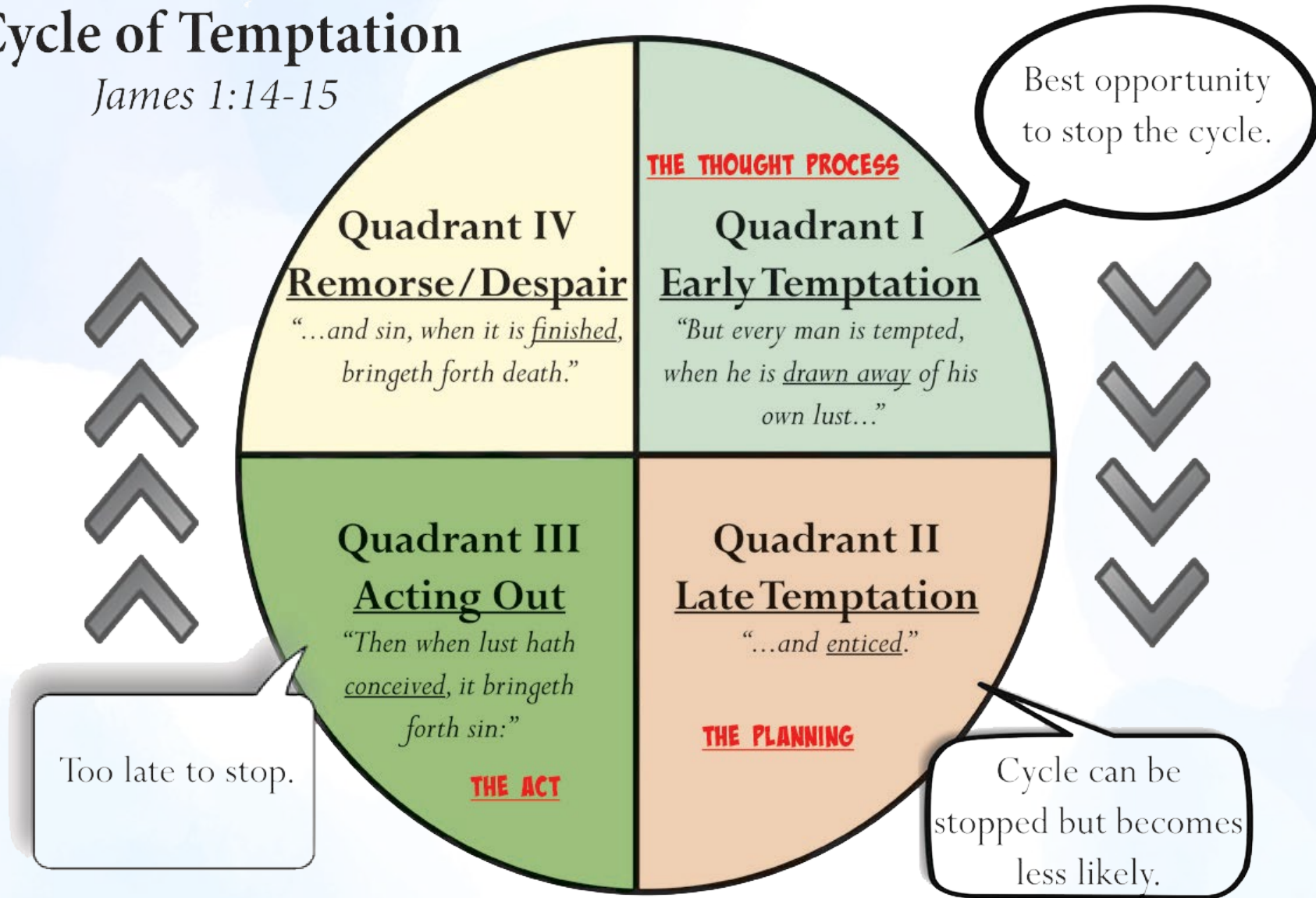
Sexual Purity

- While sexual sin plays itself out in our physical bodies, the sin begins in our hearts. (Matthew 5:28)
- Sexual sin should be taken seriously. (Matthew 5:29,30)
- Sexual sin often produces shame. The belief that “I am the mistake.”
- Shame alone is not helpful. It will never deliver the sinner. The shameful are more apt to continue in sin. Shame is helpful in so far as it brings us to a healthy guilt. The belief that “I made a mistake.”
- When we fall into the darkness of sexual sin and incur guilt, God enters that darkness with us. (Micah 7:8) We do not have to lighten the darkness by ourselves. He is the light in our darkness.
- Our sin does bear consequences. We feel the chastisement of God. (Micah 7:9)
- God takes up our cause. Jesus executed judgment for us by His own death and resurrection. He wishes to bring us out of darkness. (Micah 7:9)
- The goal of His redemption is not only our purity restored. It is so we can behold His righteousness. (Micah 7:9)
- God will defeat sin. What once oppressed us is now beneath us. (Micah 7:10).



Cycle of Temptation

James 1:14-15



Scenario – Relationship Related

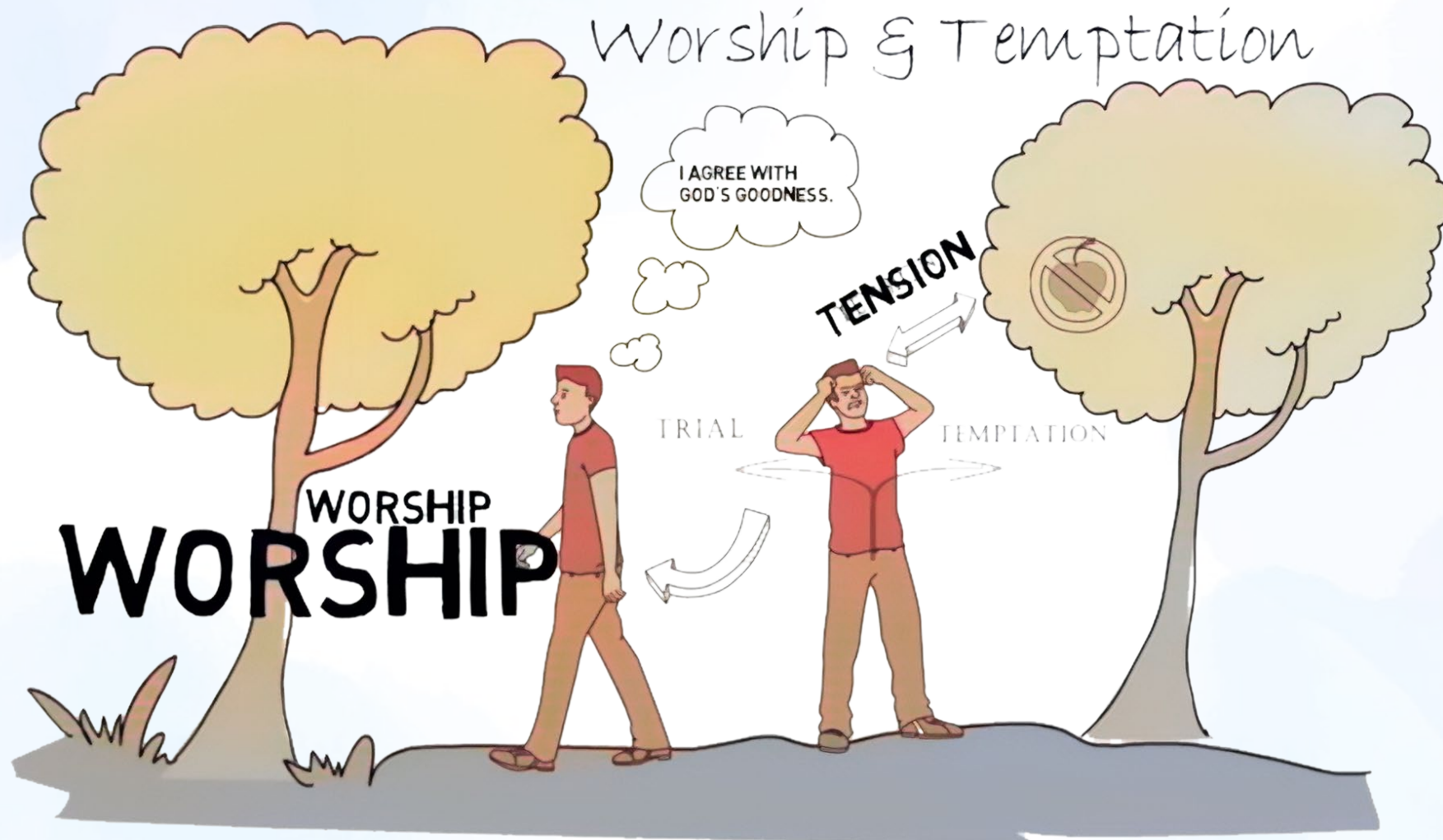
Alex and Celine are two friends in year 11. Alex wants more from this relationship. One weekend, Alex was home alone, as his parents were away on a holiday. He invited Celine over, saying that it was his birthday and there is a party at home. Celine agreed and went over to Alex's house. Alex took advantage of the situation and things got out of hand.

Questions : Discussion point

1. How can you apply the cycle of temptation into this scenario?
2. Could the cycle have been prevented?
3. How could they have prevented this temptation easily?

(To teacher: Everyone gets unholy thoughts as we are human, but we can overcome this temptations in quadrant one, only if we are in constant communication with our God)

Worship to Overcome Temptation



Homosexuality

- Sexuality, as God designed it, has a lot to do with oneness. Loving sexuality in male/ female marriage reflects Christ and the church. (Ephesians 5:31,32)
- When Christ was questioned about marriage, He went back to Genesis. Starting with male and female, He built an argument for life long covenantal marriage. (Matthew 19: 3-12)
- Illicit sex in all of its forms (outside a loving covenantal male/female marriage) is a sin before God. Homosexuality is not “worse” than other sexual vices. (Leviticus 18)
- God wants us to “Face Him” There are two identities: “in Christ” or “out of Christ.” When we are “in Christ” this new identity overshadows all identities that pull at us. In the case of sexual orientation, our identity as being “in Christ” means that our sexual urges are brought into conformity to His Word. When we do, we operate most fully as a human being.
- Christ always stood on “truth and grace.” As you engage the sexual orientation issue, stand on “truth and grace” as Jesus did.



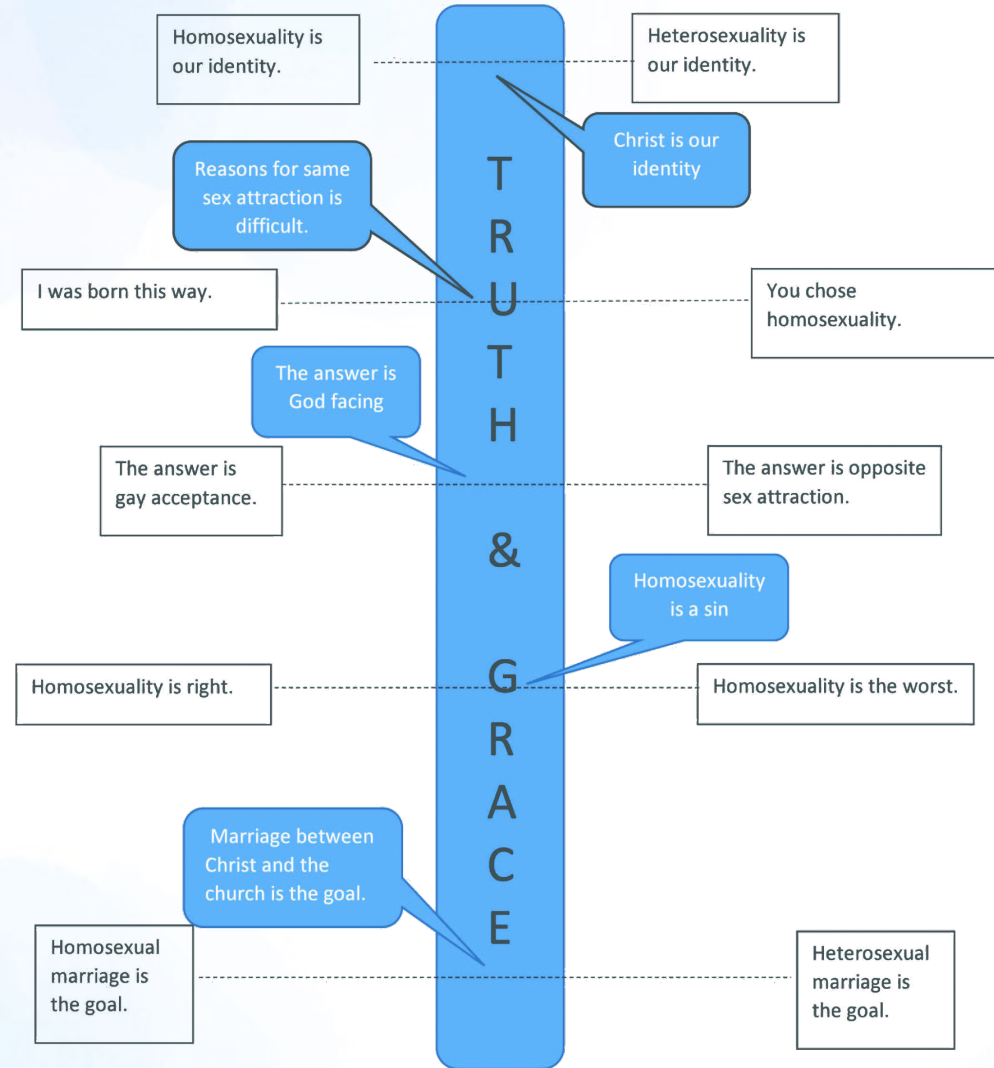
CCC About Homosexuality

- Basing itself on Sacred Scripture, which presents homosexual acts as acts of grave depravity, tradition has always declared that “homosexual acts are intrinsically disordered.” They are contrary to the natural law. They close the sexual act to the gift of life. They do not proceed from a genuine affective and sexual complementarity. Under no circumstances can they be approved (CCC 2357; cf. Persona Humana 8).
- Homosexual persons are called to chastity. By the virtues of self-mastery that teach them inner freedom, at times by the support of disinterested friendship, by prayer and sacramental grace, they can and should gradually and resolutely approach Christian perfection (CCC 2359).
- They must be accepted with respect, compassion, and sensitivity. Every sign of unjust discrimination in their regard should be avoided. These persons are called to fulfill God’s will in their lives and, if they are Christians, to unite to the sacrifice of the Lord’s cross the difficulties they may encounter from their condition (CCC 2358).



Stand on the truth... not “political” platforms.

Errors from the left and from the right





Game 1

Popcorn Christians

Preparations for the activity: Divide group into 4 and each team choose a representative to play.

Materials Required: Lots of popped Popcorn, Some unpopped popcorn, Paper cups and plastic spoons, Blind folds, 4 bowls

Rules / How to Conduct: Each youth representative from the team is blindfolded, given a plastic spoon, and placed in front of a large bowl of popcorn. They must also hold a bowl or cup on top of their head. In the time given they youth compete by using the spoon to scoop popcorn into the cups on their heads while everyone else watches. Many times, they will deliver empty spoons to their heads and many times they will miss the cup. When time is up, the youth with the most kernels of popcorn in the cup wins.

References: <http://www.creativeyouthideas.com/resources/tag/purity/xxx>



Game 1

Popcorn Christians



Message:

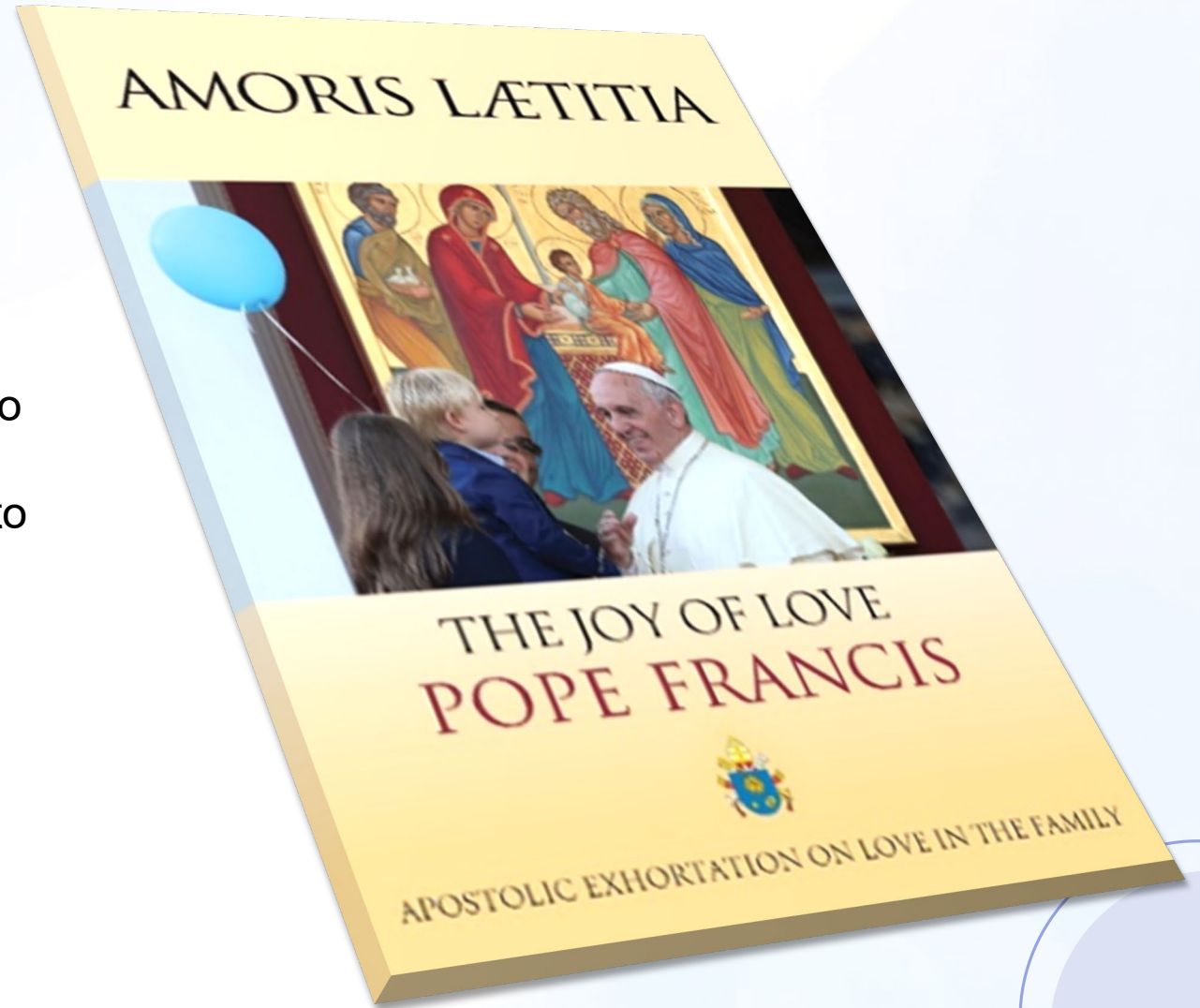
- The seeds start as hard and tasteless, can't be digested
- When heated, some respond, but some do not.
- At some point, a change occurs, and all the potential inside the kernel is released.
 - Some remain hard and tasteless and may even burn
 - Others, the sweet inside is exposed and can be enjoyed
 - We not only taste it, but there is also a pleasant aroma that attracts people
- Everything comes from inside the kernel
- Most people love the smell of popcorn. One small bag fills the room. with the smell. Another word for smell is aroma. God compares us to an aroma. We experience it from a distance. It attracts us. We want it. We want to taste it for ourselves. In the same way, We must live our lives in such a way that Christ in us, is noticed by others, and they want to experience Christ for themselves.
- Human hearts can either be like a hard kernel or the soft, fluffy, fragrant popcorn.
- God places us in the heat – circumstances so our hearts can open up (Visually express this by changing a clenched fist to an open hand)



Game 2

Discussion Activity

- Discuss and find out how can we live out the vocation to marriage in a practical way.
- "The joy of love experienced by families is also the joy of the Church" (Pope Francis, Amoris Laetitia, 1). The Christian families are invited to "value the gift of marriage and family" and to preserve in a love strengthened by the virtues of generosity, commitment, fidelity and patience." (Pope Francis, Amoris Laetitia 5)
- Identify the challenges of leading a Christian family and the means to overcome.



Conclusion & Summary

1. Sex is good. God created it, God called it “good,” and it existed before there was any sin in the world.
2. Like all good gifts from God, sex can be misused and perverted.
3. The boundaries of sex are the boundaries of marriage.
4. Your sexual purity is essential to your walk with God.
5. You are vulnerable to sexual immorality.
6. You are targeted for sexual immorality.
7. Your body belongs to God, not you.
8. Sexual purity begins in the mind, not the body.
9. Since God doesn’t want you to have premarital sex, neither does He want you to do that which prepares your body for premarital sex.
10. Once you let your body cross the line, it will neither know nor care about your Christian convictions.
11. If you have sexual intimacy with someone outside marriage, you are stealing from God and the other person.
12. God has your best interests in mind when He tells you not to have premarital sex.
13. God would not tell you to abstain from impurity if it was impossible to obey him.
14. Satan will lie to you about sex, but Jesus tells you the truth.
15. You must learn to think long term, not short term.
16. If you’ve violated some of these guidelines, confess, repent and implement a plan to prevent future violations.



BREAK



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Day 3 - Session 2

Respect Life, Respect Others & Seek The Truth



Ice Breaker



Materials Required:

Disposable glasses in 2 colours, table, blindfolds)

Rules:

- › Divide to two groups.
- › 1 player from each group participates at a time.
- › On a table disposable glasses in 2 colours are placed upside down. The teams choose their colour.
- › The two players from each team is blind folded and they are given one glass in hand.
- › They have to collect the maximum number of glasses possible using the one glass in hand and stacking them up as they collect. Each player gets 1 minute.
- › The game continues until all the players finish. The counts of glasses collected are noted and the team that collects the highest number of glasses wins.

Respect Life, Respect Others & Seek the Truth

Objective: Love & Respect

Commandments:

- **Honour your father and your mother - Love & Respect Family**
 - › Children, young and old, are all called to honour their parents, not only obey them. Though obedience is part of that “honouring” for young children, it’s not the exclusive way they honour their parents.
 - › Children must also grow in respect for parents and learn to show that respect in their words and actions. Children learn to love others by first learning to love their parents. Parental love is the most important “training ground” for human love and for all healthy interpersonal and social interactions in the future. Therefore, the bond of love and honor between parent and child will have an enormous impact upon who they are and how they relate to people throughout their lives.

SHOW PROPER
RESPECT TO
 EVERYONE,
 LOVE YOUR
CHRISTIAN
BROTHERS
AND SISTERS,
FEAR GOD
and respect
THE KING
1 PETER 2:17

Respect Life, Respect Others & Seek the Truth

○ You shall not kill - Love & Respect Life

- › As a gift from God, every human life is sacred from conception to natural death. The life and dignity of every person must be respected and protected at every stage and in every condition. The right to life is the first and most fundamental principle of human rights that leads Catholics to actively work for a world of greater respect for human life and greater commitment to justice and peace.

○ You shall not steal- Love & Respect Truth

- › The seventh commandment forbids unjustly taking or keeping the goods of one's neighbour and wronging him in any way with respect to his goods. It commands justice and charity in the care of earthly goods and the fruits of men's labour. For the sake of the common good, it requires respect for the universal destination of goods and respect for the right to private property. (CCC #2401)
- › Everything we have is God's. God is the giver of all good things and that even includes the gifts of the Earth. Land, property, housing, personal belongings, etc., all properly belong to God.
- › With that said, God has given us a share in His riches. This first and foremost applies to our life of grace and all good spiritual things. But it also applies to material wealth. God allows us to claim certain possessions as our own and calls us to respect the fact that He has given ownership of other possessions to others.

Respect Life, Respect Others & Seek the Truth

- **You shall not bear false witness against your neighbour- Love & Respect Truth**
 - › The Old Testament attests that God is the source of all truth. His Word is truth. His Law is truth. His "faithfulness endures to all generations."²⁵⁵ Since God is "true," the members of his people are called to live in the truth.
 - › Man tends by nature toward the truth. He is obliged to honour and bear witness to it: "It is in accordance with their dignity that all men, because they are persons . . . are both impelled by their nature and bound by a moral obligation to seek the truth, especially religious truth. They are also bound to adhere to the truth once they come to know it and direct their whole lives in accordance with the demands of truth."
- **You shall not covet your neighbour's goods - Love and Respect Justice**
 - › The tenth commandment forbids greed and the desire to acquire earthly goods without limit. It forbids avarice arising from a passion for riches and their attendant power. It also forbids the desire to commit injustice by harming our neighbor in his temporal goods



Respect Life, Respect Others & Seek the Truth

Theme One: Respect for persons and their goods

- › Any form of unjustly taking and keeping the property of others is against the 7th & 10th commandment
- › Promises must be kept, and contracts strictly observed
- › Requires the restitution of stolen goods to their owner



Scenario:

Steve and his family lives in Sydney. When he purchased a car/house, he had to borrow \$ 20 k from his friend. This transaction had no documental proof. The friend just gave him money. After a few months, Steve passed away because of a heart attack. When mourning month is over the friend came to Steve's home and told Steve's widow that they owe him \$20k and he needs it in a 3 months' time. She asks for any proof of financial deal. But the friend was unable to produce one except he knew the fact that he gave the amount for the purchase of his home.

But the widowed wife of Steve said that she is not going to give the amount back as she did not have any documental proof. Do you agree with the wife of Steve? Why?

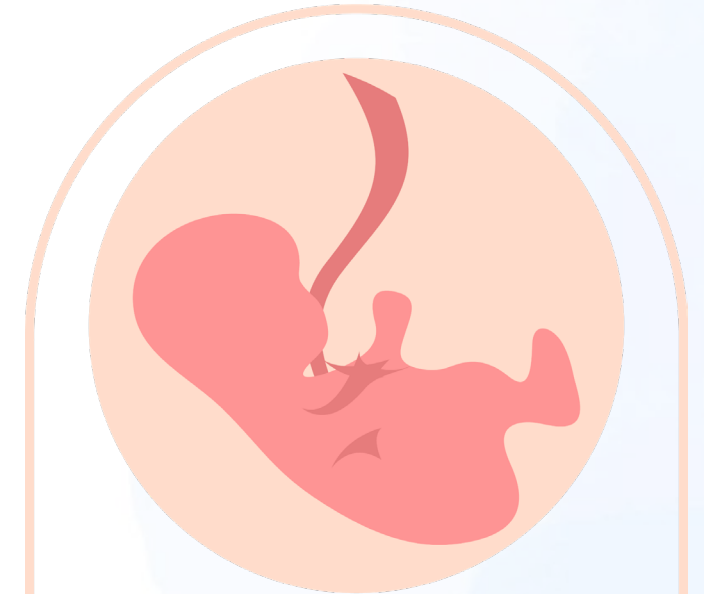
Respect Life, Respect Others & Seek the Truth

Theme Two: Respect for persons and their goods

- › The murderer and those who cooperate voluntarily in murder commit a sin that cries out to heaven for vengeance.

Scenario: (For high schoolers)

Eva and Ema are high school friends. Eva is a Syro-Malabar Catholic regular to catechism in year 12. She reads Bible daily and actively involves in her parish activities. One day, her friend Ema tells her that she is pregnant from her boyfriend. Ema continued that her boyfriend would abandon his relationship with her unless she chooses for an abortion. How should Eva respond to her in this difficult situation?



“
Before I formed you in the womb
I knew you, and before you
were born I consecrated you.

”
Jeremiah 1:5

Game 1

Respect

Rules / How to Conduct:

Divide into two groups. The teacher has list of questions. When the teacher reads one question from the list ,the teams will decide who in the team is the, most apt to win against the other team. For example: The tallest person. You would choose the tallest person on your team to come forward and be measured against the tallest person from the other team.

List of Questions:

- The biggest shoe size
- The tallest pinky finger
- The farthest length to throw a paper airplane
- The longest stare in a staring contest
- The shortest hair
- Wearing the most colours
- The quickest to tell the names of all the team members



Game 1

Respect

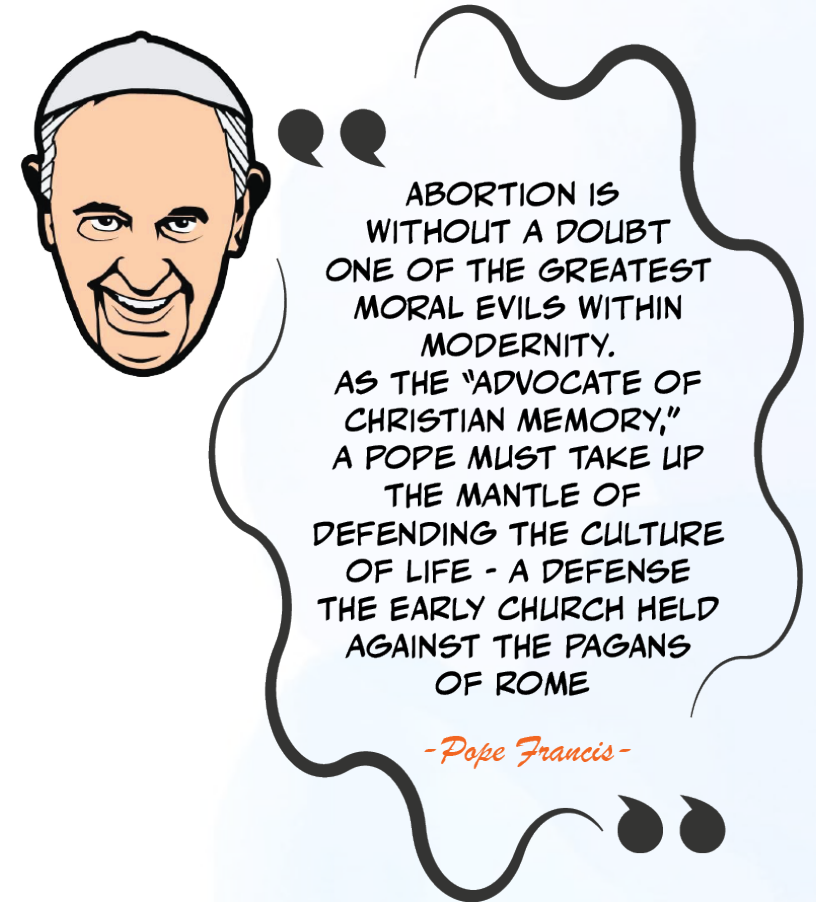
Message:

- When you know someone is good at something, do you automatically show them respect based on what they can do?
- When we look at what God says about treating others with respect, we learn that God wants everyone to treat each other with respect... no matter who they are.
- None of us are perfect.
- If respect is based on whether we deserve it, that might change from day to day or even from hour to hour based on the decisions we make.
- Some of our actions might be respectable, and some of them are not.
- So, what if we respect each other simply based on the fact that we were all created by the same Creator, who made us in His own image?
- When we respect each other, we honor God.



Conclusion & Summary

- The human being, the summit of God's creation, is formed in the image and likeness of God. Every person has an intrinsic dignity as a child of God. Human beings and the whole of God's creation are to be treated with love, care and respect.
- All human beings, therefore, are ends to be served by the institutions that make up the economy, not means to be exploited for more narrowly defined goals. Human personhood must be respected with a reverence that is religious. When we deal with each other, we should do so with the sense of awe that arises in the presence of something holy and sacred. For that is what human beings are: we are created in the image of God (Gn 1:27).
- Pope Pius XII taught: "No man, no human authority, no science, no medical, eugenic, social, economic or oral indication can offer or produce a valid judicial title (Justification) for disposing directly of innocent human life." The Declaration emphasized that "the first right of the human person is his life. He has other goods, and some are more precious, but this one is fundamental the condition of all the others. Hence it must be protected above all others.



BREAK



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Day 3 - Session 3

Finale Preparations



END OF DAY 3



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne



GROUP 3 & 4 - LOVE & RESPECT
Department of Catechesis
Syro-Malabar Eparchy of Melbourne

Thank
you